

EAST LONDON OUT PROJECT

England & Wales · Charity number 1067474

Details

Other names	ELOP
Status	Registered
Legal form	Charitable company
Company number	03355423
Registered	1998-01-15
Register	View on the Charity Commission register

Contact

Address	c/o Scots House 15 Scots Lane Salisbury SP1 3TR
Phone	07908 553744
Email	info@elop.org
Website	www.elop.org

Activities

Objects: To preserve and promote mental health and well-being of members of LGBT communities, in particular by:the provision of counselling, support, information and advice services; andraising awareness of mental health and well-being issues affecting members of LGBT communities.

Activities: LGBT mental health & wellbeing charity offering a range of support services, incl. counselling, crisis prevention & intervention support, workshops, support groups, events, and youth, schools & befriending programmes, plus LGBT voice, consultation, awareness raising, education programmes, and training services to professionals, education services, non-profit, public health & corporate sectors.

Classification

- **How:** Provides Services, Provides Advocacy/advice/information, Other Charitable Activities
- **What:** General Charitable Purposes, Education/training, The Advancement Of Health Or Saving Of Lives, Other Charitable Purposes
- **Who:** Other Defined Groups

Geography

- Essex
- Throughout London

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£671,242	£474,379	£912,668	12
2024-03-31	£652,011	£447,695	£715,805	11
2023-03-31	£471,929	£398,276	-	-
2022-03-31	£487,820	£382,938	-	-
2021-03-31	£451,659	£313,991	-	-

Trustees

Name	Role	Appointed
SARAH JULIA HUMPHREYS MA, PGCSE	Chair	1997-04-14
Christine Ruth Lehmann		2023-02-01
DAVID PEARSON		2016-05-16
Lewis Allett		2018-09-14
Matthew Owen Davies		2022-10-24
Susan Carole Baines		2017-12-08
Victoria Amabel Kiera Fox		2017-09-13

EAST LONDON OUT PROJECT

England & Wales - Charity number 1067474

Accounts

Company Number 03355423

Charity Number 1067474

EAST LONDON OUT PROJECT
ANNUAL REPORT & ACCOUNTS
YEAR ENDED 31ST MARCH 2025

EAST LONDON OUT PROJECT

YEAR ENDED 31 MARCH 2025

CHAIR'S REPORT

This annual report provides an overview of the work undertaken this year and our future as we move forward. I, on behalf of the Board, would like to thank all those who have supported the work of the organisation as staff, volunteers and supporters; we could not achieve what we do without you.

Despite the difficulties faced by many in the charity sector we have been able to maintain our current level of service provision and staffing but are mindful of increasing competition for future funding and are taking measures now to ensure we are planning to mitigate against difficulties we may face in the coming years. We also recognise the increasing hostile environment being faced by members of our community as well as some organisations within the LGBTQ+ sector who are facing increasing public attacks. We have taken action alongside the wider LGBTQ+ sector to challenge and support our communities during the year and have been able to secure our continued support to trans and non-binary people through embedding our pilot support group, Imago, within our wider Heads-Out Mental Health Support provision, ensuring our ability to maintain this.

At the beginning of the financial year, we submitted a successful expression of interest for a new premise, and it was with great frustration and sadness that we had to withdraw from this application in December having spent considerable time and energy on advancing plans for this location. We followed this up at the highest level and at the end of the year we were successful in being assured support to find a relevant relocated home for the organisation. During the year we were also faced with the additional challenge of having to find and relocate our in-person counselling space to a new site at an incredibly short-notice period of just 4 weeks, which we successfully achieved with minimum disruption to the service.

We have continued to focus our funding efforts on applications to new charitable trusts and foundations and had degrees of success with achieving some longer-term funding for certain areas of our work. We've also undertaken a regular programme of community fundraising events and have secured new donations from individuals and companies alike, ensuring we remain successful with diversifying our funding streams and are not solely dependent on any one funder or funding stream.

Despite the challenges faced in relation to premises we have continued to drive forward our development plans and were particularly proud to have launched our Advanced Diploma in Integrative LGBTQ+ Affirmative Counselling Course where we welcomed 18 students in September 2024 to begin their qualifying counselling training.

We thank our staff, volunteers, funders and other supporters who have enabled us to continue to provide our vital services.

Sarah Humphreys - Chair of Board of Trustees.

EAST LONDON OUT PROJECT

YEAR ENDED 31 MARCH 2025

TRUSTEES' REPORT

Report of the Trustees for the Year Ended March 2025

The directors are pleased to present their annual report with the financial statements of East London Out Project (elop) for the year ending 31 March 2025. The statements appear in the format required by the Statement of Recommended Practice for Accounting and Reporting by Charities (revised March 2005). The report and statements also comply with the Companies Act 2006 as elop was incorporated by guarantee on 14 April 1997. It has no share capital and is a registered charity. The guarantee of each member is limited to £1. The governing document is the Memorandum and Articles of Association of the company and members of the Board of Trustees are the Directors of the Company.

Reference and administrative details

Charity Number: 1067474

Company Number: 03355423

Address: 56-60 Grove Road, Walthamstow, London E17 9BN

Bankers: Co-operative Bank

PO Box 101, 1 Balloon Street, Manchester M60 4EP

Solicitor: Russell-Cooke Solicitors

2 Putney Hill, London SW15 6AB

Members of the Board of Trustees who are Directors for the purpose of company law and Trustees for the purposes of charity law, who served during the year and up to the date of this report are:

Sarah Humphreys: Chair

David Pearson: Treasurer

Victoria Fox Vice Chair

Susan Baines

Lewis Allett – Fundraising Committee Co-Lead

Matthew Davies – Fundraising Committee Co-Lead

Sarah Milne

Christine Lehmann

Company Secretary and Chief Executive: Teresa Sharpe

EAST LONDON OUT PROJECT

YEAR ENDED 31 MARCH 2025

TRUSTEES' REPORT

Structure, Governance and Management

The directors of the charitable company (the charity) are its Trustees for the purposes of charity law and throughout this report are collectively referred to as the Trustees.

The Board of elop also constitutes the membership of the charity. The Board has a number of mechanisms in place to consult with key stakeholders, including staff, volunteers and service users to inform its work and decision-making. As set out in the Articles of Association, Trustees are elected annually at the Annual General Meeting. The Trustees have the power to co-opt further members. When considering Trustees for election or co-option, the Board has a process for recruiting and selecting Board members with the appropriate skills necessary to govern and strategically lead. Board recruitment is reviewed annually and additionally where needed. Trustees are recruited through open recruitment and appointed based upon their skills and experience according to the prevailing needs and aspirations of the Board and organisation. Trustees are appointed for a minimum two-year period, with no limit on the number of times a Trustee can stand for re-election if in the organisation's best interest. We have successfully recruited to ensure that we now have a full board of Trustees, and they have been no changed in the board composition this year.

All new Trustees take part in the organisation's induction training and are provided with support and training to brief them on their legal obligations under charity and company law. All Trustees are provided with the company's Memorandum and Articles of Association and information about the Board, the organisation's decision-making structures and prevailing issues facing the organisation. All Trustees are offered the opportunity to undertake external training in relation to their role. A Board Management Charter, signed by all Trustees upon co-option and election, sets out how the Board will work together and the commitment required. This Charter is reviewed on an annual basis. Peer buddying is available for Trustees who require this. Full Board meetings are held at a minimum of four times a year, along with two strategic planning days, in addition to other strategic meetings, subcommittees or task and finishing groups as required. This year we have had groups focused on fundraising, premises and a Business Management group.

elop's Board holds overall responsibility for the organisation's strategic direction and policy development. Responsibility for strategic implementation and the operational running of the organisation is delegated to the Chief Executive Officer, who reports directly to the Board via Board meetings. The Board's work programme for the year is overseen by the Chair and reviewed at Board meetings and the work is carried out by individual Board members. The Board holds responsibility for reviewing key areas of financial activity and policy and holds overall responsibility for the organisation's financial position and procedures.

EAST LONDON OUT PROJECT

YEAR ENDED 31 MARCH 2025

TRUSTEES' REPORT

Public Benefit

The Trustees, in exercising their powers and duties, have complied with their duty in section 4 of the Charities Act 2006 to have due regards to the public benefit guidance published by the Charity Commission. In preparing the report and accounts the Trustees have complied with the requirements set out in relation to the requirement to report on public benefit and have reported on the significant activities and achievements of the charity in 2024/25. They have reported in a way that both sets out the aims and strategies of the charity and demonstrates how the aims and activities of the charity were carried out for the public benefit.

Risk Management

The Trustees have assessed the major risks to which the charity is exposed, in particular those related to the operations and finances of the charity and are satisfied that the systems are in place to mitigate the charity's exposure to major risks.

Risk assessment remains a standing item on each Board meeting agenda, to ensure that risks are identified and discussed at Board level. Risks are identified through several routes including output from Management Board, via staff Senior Management Team meetings and the annual planning cycle. Risks are recorded in the minutes of each meeting along with steps required to mitigate the risk.

The Board and staff continue to work hard to respond to the financial risks the organisation faces in the current economic climate and the impact this is expected to have on the charity sector. Whilst currently we are not facing any financial risks we are aware of the difficult funding climate and are working to alleviate future risks.

The Board are pleased that we have continued to achieve meeting the organisation's reserve policy of 3-6 months of core funding at any one time. We recognise that as income and expenditure increases there continues to be a need to increase the reserves held by the organisation. We have increased our property reserve to be able to meet the relocation and substantial construction and refurbishment costs this will be required without this impacting on our ordinary reserve policy.

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TRUSTEES' REPORT

Related parties

elop continues to work collaboratively with several other agencies and service providers to advance an awareness of the needs and issues of our service user groups and share best practice. This includes running occasional joint activities and working as part of wider alliances, such as the National LGB&T Partnership, and our partnership funding with London Friend and LGBT Hero. We have remained involved in a local equalities' partnership in Tower Hamlets and the Tower Hamlets Mental Health Alliance.

Objectives and activities

The principal objectives for which the company is formed are, by charitable means, to preserve and promote mental health and well-being of members of LGBTQ+ communities, in particular by:

- the provision of counselling, support, information and advice services; and
- raising awareness of mental health and well-being issues affecting members of LGBTQ+ communities.

elop's vision is a world in which the mental health and wellbeing needs of the LGBTQ+ community are met and LGBTQ+ people can flourish.

elop's mission is to better the mental health and well-being of LGBTQ+ people, and to challenge the discrimination and inequalities that our community faces.

Review of activities and impact

Last year we said we would find a suitable premise in East London and return to running all our services from a central community centre. It was very disappointing to not be able to proceed with the premises found, but on pursuing ongoing dialogue we have obtained support from a local authority in our search to secure a suitable location and new premise. As planned, we held a launch event for the Advanced Diploma in Integrative LGBTQ+ Affirmative Counselling, and the first course commenced in September 2024. We also put in a joint bid to continue our mental health work which was successful at the end of the year enabling us to continue our Heads-Out Mental Health Service for the next 5 years.

elop provides support and direct services to up to 200 people a week. Much of our provision during this year returned to being in-person delivered despite not having our own premise. We thank the London Borough Waltham Forest for providing us with spaces to run some of these services from. We have continued to provide some hybrid group and individual support online. We have continued to provide a range of consultation, training, representation and awareness-raising initiatives to advocate and provide an LGBTQ+ voice.

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TRUSTEES' REPORT

Counselling services

During 2024-2025 we increased our counselling team and through having a larger team were able to reduce our waiting list by 40%, seeing a drop from 150 to 90. This has also resulted in a positive reduction to our waiting time, from between 12-16 weeks to 8–10 weeks. Whilst the number of new referrals has remained quite similar to last year the increased capacity and size of the team has enabled us to support more people across the year. We have also been able to return to providing counselling on Saturdays as well as throughout the week, Mon-Fri daytime and evenings, which has increased our weekly counselling spaces. We have undertaken four volunteer counsellor inductions during this year, ensuring we could both maintain the size of the team throughout the year and additionally increase to having an average of 42 counsellors seeing clients during the year.

We were forced at short notice to move our in-person service from Durning Hall due to their selling the building and only giving tenants one month's notice. With intense activity from the staff team we were able to relocate and set-up alternative in-person space in Leytonstone. We have provided ongoing youth counselling for under 18s, via our sessional youth counsellors, and have been able to maintain a limited relationship counselling service. Where necessary those using the counselling service are offered additional support through our Heads-Out Mental Health Support Service and this additional support ensures we can provide a safe service to those who are at increased risk.

We received over 330 counselling referrals over the course of the year and 262 new people were seen within the service with 45% of those identifying as trans/ non binary/ genderqueer/ genderfluid, 22% using the service define as neurodiverse, and over 50% describe themselves as disabled or living with a long-term health condition, 30% are from global majority backgrounds.

Our outcome evaluation consistently highlights significantly improve self-assessment scores and improved mental health and wellbeing amongst all who have used the service. This includes improved mental health, wellbeing and self-esteem, plus increased confidence, resilience and ability to manage their mental health. This was achieved for 100% of people who return their post service evaluation self-assessment or who filled in their score with their counsellor.

We provided an annual training programme for the counselling team, which included assessment training, safeguarding (children and adults), trauma informed practice, and working with shame.

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TRUSTEES' REPORT

What those who have used our counselling services have had to say:

"My counsellor has been great trying to get me out of my misery. I have a tough journey ahead, but I think I'm quite ready to have a go at it now."

"This has been a truly transformative and life-changing experience during an incredibly difficult time for me. My counsellor is amazing, and I am deeply changed and in a completely different place now from where I started. I am so thankful for him and for your services as a charity".

"I really do appreciate elop and how they have helped with counselling on several occasions. My counsellor was wonderful, there for every appointment and like a best friend that I could talk about anything to. I do not know where I would be without elop's help. Thank you!!"

Heads-Out services

Due to some restructuring within the organisation during this year, we have been able to increase our Heads-Out mental health support services, including expanding our facilitated support and peer networking group for LGBTQ+ people seeking sanctuary in the UK, alongside running structured mental health group programme. Both these programmes have been well used and have supported over 60 LGBTQ+ people seeking asylum. We also made some adaptations to our peer befriending programme, and established a new provision – ReEngage, a weekly activity-based group to support those who are socially isolated and/or find it hard to make connections to others. Our support group, Imago, for trans and non-binary people has continued to run with weekly sessions and occasional outings, as has ReCharge, our LGBTQ+ weekly mental health support group, and our one-to-one mental health plan and safety plan support sessions. Additionally our ReFocus programme has delivered a range of targeted mental health workshops across the year, providing opportunity to gain skills and explore tools to help support and manage mental health and improve mental wellbeing. Over the year we have supported 162 people within the Heads-Out Services.

Feedback from those using the mental health plan service:

"I really appreciate how you worked online with me, sharing the screen to talk through the document we will be working on. I can really see how this might help me more than previous services I have tried. This seems like it will be very helpful."

"The program was extremely helpful to me. The six sessions were well designed, I felt there was an accessible approach to breaking down my mental health, the issues I encounter, and I found the idea of working on a plan very helpful. I especially appreciated the practical tips and grounding techniques shared by the Mental Health Worker and I have been using them since I was introduced to them. I would highly recommend the service to anyone who is struggling with mental health."

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TRUSTEES' REPORT

Befriending

The Befriending programme continued to receive referrals to the service, but the drop-out rate was high, which led us to and review the overall programme and to explore how better we could deliver similar outcomes but within an alternative format. As a result of this review process and some internal restructuring within the organisation this service was redesigned and relaunched as ReEngage, a programme that is now incorporated within the Heads-Out service. ReEngage offers a weekly facilitated, safe, welcoming, relaxed, and supportive space to make new connections, and build new friendships and peer networks through participation in activity programmes, shared interests and occasional outings. Towards the latter part of the year the group support sessions we were relocated to a central venue in Walthamstow.

Youth support services

This year our youth and family work has continued offer essential support, including a weekly 12-15s and 15-18s youth groups. Early in the year we were able to bring these groups from online to in-person and located at a central youth space in Walthamstow. This caused some initial disruption for some young people who had challenges with attending in-person, but it has been positive in enabling a wider reach and participation of new young people and increased referrals.

We have also continued and increased our provision of individual mentoring work with young people which is mostly focused on specific needs and often practical in approach, such as activities to support coming out, social transitioning support, and managing relationships with peers. We organised and ran a programme of youth outings and group trips during the school holidays. These included trips to the LGBTQ+ centre, Pride Picnic, boating lake, Queer Britain Museum, and Park chill-out afternoons.

Within the year we supported over 60 young people in youth groups, mentoring, or youth counselling. A high proportion of young people we support identify as non-binary, gender fluid or trans. We continue to support a proportionally high number of young people with a range of disabilities and mental health concerns, including shared issues of generalised anxiety, social anxiety, depression, suicidal thoughts, self-harm, low self-esteem and gender dysphoria. We frequently work with young people who are involved in social care, either on child protection plans or children in need, also those who are using CAMHS and early help services. Referrals have come from parents/ foster carers, young people, Family therapist, Social Workers, School Counsellor, Family Support, CAMHS Neurodevelopmental Team, Teachers, designated safeguarding leads in schools and Colleges, and other local services.

Additionally, we have continued to provide work in schools and have run sessions in both secondary schools and further education colleges.

EAST LONDON OUT PROJECT

YEAR ENDED 31 MARCH 2025

TRUSTEES' REPORT

Community activities



Our weekly group for LGBTQ+ over 50's, and our weekly LGBTQ+ social support group have continued to run from Toynbee Hall in Tower Hamlets, each having new members join during the year and increased weekly attendance, with 12-15 regularly attending the social support group each week.

Other groups that we have run this year include our monthly Rainbow Families meet-up group for LGBTQ+ families and their children, a twice-monthly group for LGBTQ+ young adults 18-25yrs running for part of the year, and a vibrant and varied

LGBTQ+ activity programme delivered in London Borough of Hackney which included a range of fun, creative, social, physical, therapeutic, and informative in-person and online activities.

Our activities and events programmes continue to reach new people, and our group activities have supported 129 new people during the year. Our greatest challenge going forward for these groups is to secure new and ongoing funding for us to commit additional development time and resource to these.



elop has again this year provided a range of LGBTQ+ events in the London Borough Tower Hamlets and beyond. These events have been well received and have included the annual pride picnic and bandstand event, and event for IDAHOBIT, an annual peace walk, and LGBTQ+ history fayre.

Across all events held we were able to attract over 2,500 people and additionally had an elop walking group in the London Pride March, and hosted London Borough Waltham

Forest annual Pride Day, which was hugely successful in delivering a celebratory event with performers and activities focused on representing the diversity of LGBTQ+ and local community.

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TRUSTEES' REPORT

Feedback from this event included:

"I wanted to offer my sincere thanks and appreciation to you and the team, including your wonderful volunteers, for organising and delivering such an amazing Pride event on Saturday. It was a shining example of positive diversity with so many people from across our communities celebrating and having fun together, it spoke to our commitment as a borough to reduce all form of inequalities. I felt so proud,"

"Thank you for putting the access details in a prominent position on the event details. It feels very welcoming!"

Consultation and representational activities

elop continues to attend community and statutory forums to ensure an LGBTQ+ voice is represented and heard, and recognising the value in partnership working has enabled us to form excellent working relationships with other organisations and networks. elop has also provided consultancy services and training to a wide range of personnel and organisations and continued its involvement in The National LGB&T Partnership.

elop has continued running the Tower Hamlets LGBTQ+ Community Forum, providing monthly forum meetings, consultations, and varied events, maintaining the five aims of the forum: Connector & Agent of Change; Nothing About Us, Without Us; LGBTQ+ Voices Are Heard; Improving Access To Services; and Creating Safe Spaces. The forum has actively been involved in raising community concerns in relation to hate crime and has been working with the Tower Hamlets Together Board, raising knowledge of the health inequalities experienced by the LGBTQ+ community.

elop continues to be involved in a partnership bid in Tower Hamlets bringing together user-led equality organisations to foster intersectional work and also contributes to the Tower Hamlets Mental Health Alliance and represents the Alliance at the Tower Hamlets Metal Health Board.

Training and Education

We have continued delivering our Foundation Course in LGBTQ+ Affirmative Counselling Skills and successfully launched our qualifying Advanced Diploma in LGBTQ+ Integrative Affirmative Counselling – the first of its kind in the UK. We have also opened applications for the next academic year commencing September 2025 and have enhanced our training team with additional members of staff to support the programme.

We have delivered a range of bespoke and LGBTQ+ awareness trainings to external organisations as well as run CPD accredited training focusing on enhancing the knowledge of others on the needs of LGBTQ+ people. Our training continues to be well received.

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TRUSTEES' REPORT

What students on Foundation Certificate course have said

"I wanted to express my gratitude for both the course and your guidance, which have been truly transformative for me as I continue my path to a counselling career. Thank you for your dedication and insight. Thank you for an amazing course, really appreciate all the work and care you've put into this and to us."

"Many thanks for this, very happy to have passed and grateful for your supportive comments, which are much appreciated and which I'll continue to reflect on beyond the course without doubt."

What external organisations have said following our training

"I want to thank you again for running yesterday's training. I found it incredibly informative and thought provoking. As someone who has previously run training, I really liked your presentation style and how you handled some of the tricky comments."

"Excellent, enthusiastic and knowledgeable trainer! Really engaging and informative"

"I really enjoyed this today! Thank you so much!! I feel like I really got to understand these definitions and how to properly support LGBTQ+ young people".

Fundraising



This year we have continued our efforts on community fundraising through events to support diversification of our funding stream. We have participation in the *Red Run* and ran our *exercise4elop* campaign, had a trustee run in the *London marathon* raising money for elop, held *drag bingo* events and have received support from other organisations and individuals who have raised money for elop.

ABBA Voyage have continued to support us through their Pride fundraising activities.

We have raised £19,028 through fundraising and £26,155 through donations, and again this year have successfully increased our earned income.

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TRUSTEES' REPORT

Corporate & other partners

We have continued to develop a relationship with ABBA Voyage who regularly support our fundraising through the donation of prizes. We have also been supported by Pinsent Masons who provided us pro-bono support in relation to lease negotiations and generously hosted our launch event for our Advanced Diploma Counselling course, as well as providing us space to hold our Board strategy days. We thank all those who have supported us over this past year.

Funding

elop would like to thank our funders for the support we have received this year which has enabled us to provide the range of services that we have. We started a two-year grant to support our work with LGBTQ+ people seeking sanctuary in the UK and were successful again to receive a grant to deliver and host Waltham Forest Pride. We have been successful in being awarded a National Lottery 5-year funding partnership grant with LGBT Hero and our lead Partner London Friend for mental health support services which supports the work of elop's Heads-Out services, starting from April 2025. We have also been successful in gaining 6 months exit grant from BBC CIN having had more than 9 years funding from them and will no longer be eligible to apply for the next three years. This grant will enable us to maintain our youth support work into the next financial year. We were also successful with a bid to continue our forum work in the London Borough Tower Hamlets which will run from October 24 for three years.

We thank all our funders who have supported our work during this year and going forwards.

Individual donors

We kindly thank all the individuals who have made one-off or regular donations to the charity over the course of the year. We have again been successful this year in raising additional money through individual donations.

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TRUSTEES' REPORT

Organisational change

At the end of the year, we transitioned to a new IT support company as we were not being well served by our former company. This was a significant switchover but will enable us in 2025/2026 to be more efficient with our IT both in terms of costs and time.

During the year we restructured the organisation and brought all services back to one team to support better coordination between services. This also coincided with the end of funding for one senior post and our Designated Safeguarding Lead changed to Claire McComb during the year.

The high demand for our services has continued and the ability to provide much needed mental health support during this year would not have been possible without the dedication of our staff team. The Trustees take this opportunity to thank the whole staff team for their enormous and continued commitment and ongoing support. We especially recognise the leadership of the CEO, who has been able to support and steer the organisation to be in a good position for the years ahead.

Contribution by volunteers

Many of elop's activities are contributed to and supported by the skills, dedication and commitment of our many volunteer teams. elop had more than 115 volunteers involved during the year and generally maintained a core team of around 80 volunteers at any one time. We have been successful this year in recruiting new counsellors, group facilitators, and fundraising volunteers. Our volunteer counsellor team continues to be our largest single volunteer team, and we have grown the team to 44 volunteers, generally maintaining the team around 38-44 counsellors at any one time. Our group facilitators continue to do a great job of co-supporting our groups and have supported online delivery, in person-support, and outdoor sessions.

elop recognises that we need to continue to recruit and retain volunteers to help us deliver the wide range of services we have. elop's Board sincerely thank all volunteers for their continued hard work, loyalty and achievements; without their support elop could not successfully provide the range of activities on offer nor support as many individuals as we do.

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TRUSTEES' REPORT

What volunteers say about volunteering at elop

"Volunteering at elop is an incredibly fulfilling experience and I'd encourage anyone to get involved. Every colleague I've interacted with has been so supportive and understanding. I also love supporting service users and attending the group is one of my favourite things to do every week. I feel a much stronger sense of community and my confidence has improved. Overall it's great to feel I'm making a difference in people's lives and I believe elop is a wonderful place to volunteer."

"I wish an organisation like elop existed when I was younger, but I'm glad I can be a part of supporting my own community now. It's very fulfilling."

email from counsellor *"Thank you so much for all of your support over the last two years, it has been invaluable to my training process. elop has been a huge part of my journey and development as a therapist and I am very grateful to all of you for this! "*

Financial review and reserves policy

Our reserves policy is that we should be working towards holding 3-6 months of reserves to demonstrate our sustainability and be able to cover the equivalent of 3-6 months of core funding at any one time. We have achieved this and have designated funds for our move to new premise beyond our 3-6 months core funding. We will remain vigilant about our expenditure to ensure stability and sustainability for the future.

The charity made a surplus of £196,863 (2024 - £204,316) and has unrestricted reserves totalling £912,668 (2024 - £699,455) of which £580,000 (2024 - £350,000) has been designated towards the relocation and expansion of the Charity's premises.

The future

During 2025/26 we will look to find suitable premises in East London and return to running our services from a central community centre whilst retaining some online support for those that need it. Whilst we are waiting to move to a permanent space, we will ensure that staff have opportunity to work in-person with colleagues for part of the week. We will grow our fundraising team to help increase and diversify our events, continue to grow our income from events fundraising, and to reach a wider audience.

Our focus for the next three years is laid out in our business plan with the initial focus being on our mental health, youth and training provision. We will remain focused on securing the funding for our mental health and youth services and will look for new or continuation funding for our counselling and youth services whilst looking to enhance our training provision.

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TRUSTEES' REPORT

Statement of Trustee's Responsibility in relation to Financial Statements

The charity's Trustees (Directors) are responsible for preparing the Trustees' Annual Report and Financial Statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the Trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources, including the income and expenditure of the charitable company for that period. In preparing these financial statements, the Trustees are required to:

- Select suitable accounting policies and then apply them consistently;
- Observe the methods and principles in the Charities SORP;
- Make judgements and estimates that are reasonable and prudent;
- State whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements; and
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.

The Trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy, at any time, the financial position of the charity and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities as well as exercising proper financial controls.

By order of the trustees



Sarah Humphreys (Chair)

Date: 30th January 2026

**INDEPENDENT EXAMINERS REPORT TO THE MEMBERS OF
EAST LONDON OUT PROJECT
YEAR ENDED 31ST MARCH 2025**

Independent Examiner's Report

I report to the charity trustees on my examination of the accounts of the charity for the year ended 31st March 2025.

Responsibilities and basis of report

As the charity trustees of the company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your company's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

Since the company's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of Institute of Chartered Accounts of Scotland which is one of the listed bodies.

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

- accounting records were not kept in respect of the company as required by section 386 of the 2006 Act; or
- the accounts do not accord with those records; or
- the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a 'true and fair view' which is not a matter considered as part of an independent examination; or
- the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached



M J Laughton CA
MUNRO BROWN LTD
Chartered Accountants

Scots House, Scots Lane, Salisbury SP1 3TR

Date: 30th January 2026

EAST LONDON OUT PROJECT

STATEMENT OF FINANCIAL ACTIVITIES

(including summary income and expenditure account)

YEAR ENDED 31ST MARCH 2025

	Notes	UNRESTRICTED FUNDS 2025 £	RESTRICTED FUNDS 2025 £	TOTAL FUNDS 2025 £	TOTAL FUNDS 2024 £
INCOME					
Donations and Gifts	5	93,892	-	93,892	121,255
Charitable Activities	6	86,496	377,304	463,800	465,267
Other trading activities	5	113,550	-	113,550	65,489
TOTAL INCOMING RESOURCES	9	293,938	377,304	671,242	652,011
EXPENDITURE ON					
Charitable Activities	7	80,725	393,654	474,379	447,695
TOTAL EXPENDITURE	9	80,725	393,654	474,379	447,695
NET INCOMING RESOURCES FOR YEAR BEFORE TRANSFERS		213,213	(16,350)	196,863	204,316
TRANSFERS BETWEEN FUNDS	9	-	-	-	-
NET MOVEMENT IN FUNDS		213,213	(16,350)	196,863	204,316
FUNDS BROUGHT FORWARD AT 1ST APRIL		699,455	16,350	715,805	511,489
FUNDS CARRIED FORWARD AT 31ST MARCH		912,668	-	912,668	715,805

The Statement of Financial Activities includes all gains and losses in the year.
All incoming resources and resources expended derive from continuing activities.

EAST LONDON OUT PROJECT
BALANCE SHEET
AT 31ST MARCH 2025

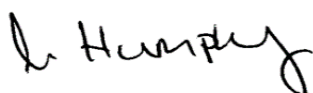
	Notes	2025		2024	
		£	£	£	£
FIXED ASSETS	10		-		-
CURRENT ASSETS					
Debtors & prepayments	11	38,456		23,553	
Cash at bank and in hand		955,829		828,713	
		994,285		852,266	
CREDITORS, AMOUNTS FALLING DUE WITHIN ONE YEAR	12	81,617		136,461	
NET CURRENT ASSETS			912,668		715,805
TOTAL NET ASSETS		£	912,668	£	715,805
FUNDS					
Unrestricted Funds					
General Funds	9		332,668		349,455
Designated Funds	9		580,000		350,000
Restricted Funds	9		-		16,350
TOTAL FUNDS		£	912,668	£	715,805

The directors are satisfied that the company was entitled to exemption from audit under section 477 of the Companies Act 2006 and that members have not required an audit in accordance with section 476.

The directors acknowledge their responsibilities for:

- i) ensuring that the company keeps accounting records which comply with section 386; and
- ii) preparing accounts which give a true and fair view of the state of affairs of the charitable company as at the end of the financial year and of its profit or loss for the financial year in accordance with the requirements of section 396 and which otherwise comply with the requirements of this Act relating to accounts, so far as applicable to the charitable company.

Approved by the Trustee Directors and signed on their behalf on :



S Humphreys

30th January 2026

Company Number : 03355423

EAST LONDON OUT PROJECT

NOTES TO THE ACCOUNTS

YEAR ENDED 31ST MARCH 2025

1) ACCOUNTING POLICIES

The principal accounting policies adopted in the preparation of the financial statements are set out below, and have been consistently applied within the accounts.

- a) The financial statements have been prepared in accordance with the Financial Reporting Standard 102 (FRS 102), the Statement of Recommended Practice (SORP), "Accounting and Reporting by Charities" published in 2015 and applicable charity and company law. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note.

The charity adopted SORP (FRS 102) in the current year and there were no transition adjustments

- b) The charity is a company limited by guarantee. The members of the company are the trustees named on page 1. In the event of the charity being wound up, the liability in respect of the guarantee is limited to £1 per member of the charity.
- c) Incoming resources are recognised on an accruals basis, except that donations and legacies are recognised only upon receipt unless the donor advises otherwise. Grants are treated as income for the period to which the grantor assigns the grant and the stipulated period of service provision and deferred as necessary. Service contracts or grants where the grantor stipulates performance targets and does not specify that a surplus is retrievable, are regarded as unrestricted once the targets are achieved. The value of services provided by volunteers is not incorporated into these financial statements. Donated assets are valued at fair market value. During the year no assets were donated.
- d) Resources Expended/ Expenditure
Charitable activities relate to the costs incurred in providing the company's charitable services. These include expenses to provide training to counsellors and education for relevant groups as well as the majority of staff costs. They include all materials and literature provided to run the projects and support costs like telephone, postage and stationery. Costs are shown inclusive on non-recoverable VAT.
- e) Fixed assets are capitalised at cost and depreciation is provided to write off the cost of the assets over their expected useful economic lives. Office equipment (General Fund) is written off at a rate of 33.3% per annum on a reducing balance basis. Leasehold improvements (General Fund) are written off at a rate of 20% per annum on a straight line basis. The length of the original lease was 5 years and these costs have now been fully amortised. The cost of subsequent refurbishments has been written off as incurred. Office equipment (restricted funds) is written off over the length of the funding. The estimated residual value of the fixed assets is nil.
- f) Stocks of safe sex literature relating to the Charity's services & general information are written off as incurred.
- g) The value of services provided by volunteers is not included within these financial statements.
- h) The Charity operates a defined contributions pension scheme
- i) The accounts have been prepared on a going concern basis.
- j) Unrestricted funds are available for the use in the furtherance of the charity's objectives. Restricted funds are subject to restrictions imposed by the donors as set out in the notes to the accounts.
- k) Debtors
Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid after taking account of any trade discounts due.
- l) Creditors
Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

EAST LONDON OUT PROJECT

NOTES TO THE ACCOUNTS

YEAR ENDED 31ST MARCH 2025

2) FUNDS & FUNDING

General Fund

The General Fund includes grant income from Local Authorities or other statutory bodies who support the main objectives and services provided by elop in their areas. The individual grants require a certain level of service provision, which are individually reported back to each funder.

The General Fund also accounts for unrestricted charitable trusts & foundation funding, donations, fundraising and investment income.

The London Borough of Tower Hamlets provided funding for the provision & delivery of an LGBTQ+ community forum for engaging local LGBTQ+ communities, representation & consultation, and the provision and delivery of LGBTQ+ community events.

DH (National LGB&T Partnership) an England-wide consortia of LGBT voluntary & community organisations who are committed to reducing health inequalities & challenging homophobia, biphobia & transphobia in public services. elop is one of the partners. The Partnership is currently funded by the Department of Health to support & enable the partnerships strategic engagement & consultation with Government & statutory bodies.

Tudor Trust provided a 1-year core funding grant to support elop's work with LGBTQ+ communities.

Tower Hamlets CVS: Cornerstone (Equalities Partnership) provided funding to ensure LGBTQ+ representation in partnership project.

Barnsley Street Project: provided funding via Rethink Mental Illness to contribute to the project partnership and deliver LGBTQ+ training.

BBC Children in Need - part of a 3-year grant to deliver a dedicated LGBTQ children's and young people's project including weekly youth support groups, one-to-one support, and counselling.

The National Lottery Community Fund (Partnership Grant) – part of a 3-year grant in partnership with London Friend & LGBT Hero funding mental health and befriending support.

LB Waltham Forest (Fellowship Square Arts & Culture Grant) - provided funding to deliver the annual WF Pride event.

LB Hackney – one-off grant to provide community activities for LGBTQ+ residents.

The National Lottery Community Fund – part of a 3-year grant to support LGBTQ+ counselling service.

LB of Tower Hamlets: Mayor's Community Grants Programme – part of a 3yr 5mth grant to provide LGBTQ+ one-to-one mental health support and group activities.

GLA - New Deal for Young People Grant: - part of a 2year grant to support delivery and expansion of quality mentoring services specific to the needs of London's disadvantaged LGBTQ+ young people (12-24yrs) and learn about shifting needs.

Global's Make Some Noise – part of a 2-year grant to provide LGBTQ+ people seeking asylum support project.

EAST LONDON OUT PROJECT

NOTES TO THE ACCOUNTS

YEAR ENDED 31ST MARCH 2025

3) OPERATING SURPLUS/(DEFICIT)

	2025	2024
	£	£
The net operating surplus/(deficit) of income over expenditure is stated after charging:		
Staff costs (note 4)	354,604	343,119
Depreciation of equipment & loss on disposal	-	-

4) STAFF COSTS

	2025	2024
	£	£
Staff costs for the year were as follows:		
Salaries	317,358	306,839
Social security costs	25,086	24,494
Pensions Costs	12,160	11,786
	354,604	343,119

The average number of persons employed by the charitable company in the year was 12 persons.
(2024 - 11). One member of staff was paid more than £60,000.

The key management personnel of the charity comprises the trustees and the Chief Executive, to whom responsibility for the day-to-day activities of the charity is delegated. The total employee benefits received by key management personnel during the year (excluding employer pension costs national insurance) were £67,245 (2024: £61,764)

EAST LONDON OUT PROJECT

NOTES TO THE ACCOUNTS

YEAR ENDED 31ST MARCH 2025

5) INCOMING RESOURCES FROM GENERATED FUNDS

	TOTAL 2025		TOTAL 2024	
	£	£	£	£
UNRESTRICTED FUNDS				
GENERAL FUND				
Donations and Gifts				
Donations	26,156		45,785	
User Contributions	67,736		75,470	
		93,892		121,255
Other trading activities				
Fund-raising activities	20,238		20,562	
Training & Placement fees	83,615		37,890	
		103,853		58,452
		197,745		179,707
Investment Income				
Interest receivable		9,697		7,037
TOTAL RESOURCES FROM GENERATED FUNDS		207,442		186,744

EAST LONDON OUT PROJECT

NOTES TO THE ACCOUNTS

YEAR ENDED 31ST MARCH 2025

6) ANALYSIS OF GRANTS

	GRANTS Rec'd in year	Opening Debtors	Closing Debtors & Creditors	Deferred Income movement	TOTAL 2025	2024
	£	£	£	£	£	£
UNRESTRICTED FUNDS						
GENERAL FUND						
London Borough Tower Hamlets (Commission)	27,083	(8,333)	6,250	-	25,000	25,000
Tower Hamlets CVS: Cornerstone (Equalities Partnership)	9,396	-	-	-	9,396	-
Tudor Trust	-	-	-	44,000	44,000	-
Equalities Partnership in Tower Hamlets (Cornerstone)	-	-	-	-	-	17,938
London Community Foundation: GVC	-	-	-	-	-	15,000
LB Tower Hamlets - LCF	-	-	-	-	-	16,110
Groundwork Uk (Tesco)	500	-	-	-	500	1,000
Barnsley Street Project	-	-	1,200	-	1,200	-
Clarion Housing	5,000	-	-	-	5,000	-
DH (National LGBT Partnership)	1,088	-	312	-	1,400	2,850
TOTAL GENERAL FUND	43,067	(8,333)	7,762	44,000	86,496	77,898
RESTRICTED FUNDS						
BBC Children in Need	31,795	-	-	500	32,295	32,494
LB-Tower Hamlets Grants	25,000	-	-	-	25,000	-
The National Lottery Community Fund (Partnership Grant)	40,848	-	-	-	40,848	54,464
The National Lottery Community Fund	168,715	-	-	7,374	176,089	166,003
LB Waltham Forest (Health Inequalities Impact Fund)	16,000	-	-	-	16,000	2,600
LB Waltham Forest	-	-	-	-	-	15,000
LB Hackney (LBH)	-	-	-	4,955	4,955	14,865
Tudor Trust	-	-	-	-	-	40,000
LB-Tower Hamlets Grants Restricted	-	-	-	-	-	10,417
New Deal for Young People 2024	31,726	-	15,863	6,638	54,227	51,526
Global Make Some Noise	27,890	-	-	-	27,890	-
TOTAL RESTRICTED FUNDS	341,974	-	15,863	19,467	377,304	387,369
TOTAL UNRESTRICTED & RESTRICTED	385,041	(8,333)	23,625	63,467	463,800	465,267

EAST LONDON OUT PROJECT

NOTES TO THE ACCOUNTS

YEAR ENDED 31ST MARCH 2025

7) TOTAL RESOURCES EXPENDED

SERVICE AREA	Core Services £	Governance £	Support £	TOTAL	
				2025 £	2024 £
Core Service activities	446,049	15,165	13,165	474,379	447,695
TOTAL RESOURCES EXPENDED	446,049	15,165	13,165	447,695	447,695

Where not directly attributable, costs are allocated on a basis of estimated time associated with specific activities.

8) GOVERNANCE & SUPPORT COSTS

	2025 £	2025 £
	Governance	Support
Staff salaries	7,393	7,393
Apportioned office running costs and resources	5,772	5,772
Independent Examination	2,000	-
	15,165	13,165

9) MOVEMENT ON FUNDS IN YEAR

	Note	Opening Balance at 1/4/2024 £	Incoming Resources (notes 5 & 6) £	Outgoing Resources (note 7) £	Transfers between funds £	Closing Balance at 31/3/2025 £
UNRESTRICTED FUNDS	2					
General Fund		349,455	293,938	80,725	(230,000)	332,668
Designated Funds:						
Property Reserve		350,000	-	-	230,000	580,000
		699,455	293,938	80,725	-	912,668
RESTRICTED FUNDS	2					
BBC Children in Need		-	32,295	32,295	-	-
LB-Tower Hamlets Grants		-	25,000	25,000	-	-
The National Lottery Community Fund (Partnership Grant)		-	40,848	40,848	-	-
The National Lottery Community Fund		-	176,089	176,089	-	-
LB Waltham Forest (Health Inequalities Impact Fund)		-	16,000	16,000	-	-
LB Hackney (LBH)		-	4,955	4,955	-	-
New Deal for Young People 2024		16,350	54,227	70,577	-	-
Global Make Some Noise		-	27,890	27,890	-	-
TOTAL RESTRICTED FUNDS		16,350	377,304	393,654	-	-
TOTAL UNRESTRICTED & RESTRICTED		715,805	671,242	474,379	-	912,668

The Trustees have designated £230,000 in the year towards the relocation and expansion of the charity's premises

EAST LONDON OUT PROJECT

FIXED ASSETS

YEAR ENDED 31ST MARCH 2025

10) FIXED ASSETS

	Leasehold	Office Equipment	
	General Fund	General Fund	TOTAL
	£	£	£
<i>Cost</i>			
Brought forward	7,116	30,037	37,153
Additions	-	-	-
Disposals	-	-	-
AT 31ST MARCH 2025	<u>7,116</u>	<u>30,037</u>	<u>37,153</u>
<i>Depreciation</i>			
Brought forward	7,116	30,037	37,153
Charge for year	-	-	-
On disposals	-	-	-
Transfers between funds	-	-	-
AT 31ST MARCH 2025	<u>7,116</u>	<u>30,037</u>	<u>37,153</u>
<i>Net Book Value</i>			
AT 31ST MARCH 2025	<u>-</u>	<u>-</u>	<u>-</u>
AT 31ST MARCH 2024	<u>-</u>	<u>-</u>	<u>-</u>

11) DEBTORS, amounts falling due within one year

	2025	2024
	£	£
Grants receivable	23,625	8,333
Other debtors & prepayments	<u>14,831</u>	<u>15,221</u>
	<u>38,456</u>	<u>23,553</u>

12) CREDITORS, amounts falling due within one year

	2025	2024
	£	£
Other taxation & social security	7,878	7,789
Deferred income	47,551	111,018
Other creditors & accruals	<u>26,188</u>	<u>17,654</u>
	<u>81,617</u>	<u>136,461</u>

EAST LONDON OUT PROJECT

NOTES TO THE ACCOUNTS

YEAR ENDED 31ST MARCH 2025

13) ANALYSIS OF NET ASSETS BETWEEN FUNDS

	Restricted £	Unrestricted £	Total £
Tangible Fixed Assets	-	-	-
Current Assets	15,863	978,422	994,285
Current Liabilities	(15,863)	(65,754)	(81,617)
	-	912,668	912,668

14) TRUSTEES' REMUNERATION & EXPENSES

In the year there were no payments to Trustees, . (2024- nil.)

15) TAXATION

The charity is exempt from tax on its charitable activities.

16) STATUS, CONNECTED CHARITIES & RELATED PARTY TRANSACTIONS

The company is incorporated by charitable means and is limited by guarantee without share capital. The company is not part of any group.

No payments were made to any related party.

EAST LONDON OUT PROJECT

England & Wales - Charity number 1067474

Accounts

EAST LONDON OUT PROJECT
ANNUAL REPORT & ACCOUNTS
YEAR ENDED 31ST MARCH 2024

Company Number 03355423

Charity Number 1067474

EAST LONDON OUT PROJECT

YEAR ENDED 31 MARCH 2024

CHAIR'S REPORT

This annual report provides an overview of the work undertaken this year and our future plans as we move forward. I, on behalf of the Board, would like to thank all those who have supported the work of the organisation as staff, volunteers and supporters; we could not achieve what we do without you.

As a community we have continued to be impacted by a hostile environment which is particularly impacting trans and non-binary people including the changing support being offered to young trans and non binary people. We have seen the impact of the increasing hostility faced by the community and the increase in hate crimes; the emotional impact of a more hostile environment is felt by many of those who use our services and many of have also been impacted by the cost of living crisis and have been supporting those with increased need. During this year we have been able to provide more mentoring support to young people demonstrating the need for this additional service, in addition to youth counselling and youth groups.

We have continued our search for affordable premises this year, which continues to be a challenge to find premises that can suit our needs. By the end of the year we had submitted a proposal of interest for premises held with one local authority.

We have also focused efforts on trust and foundation applications which this year have been more competitive than previously. We have successfully secured funding for 2024- 2025. We have continued to run fundraising activities and are continuing to work on diversifying our range of income to consolidate our sustainability and have built reserves in the anticipation of both increased costs with a return to new premises and the need for fit out costs.

We thank our staff, volunteers, funders and other supporters who have enabled us to continue to provide our vital services which have continued to be in high demand.

Sarah Humphreys - Chair of Board of Trustees.

EAST LONDON OUT PROJECT

YEAR ENDED 31 MARCH 2024

TRUSTEES' REPORT

Report of the Trustees for the Year Ended March 2024

The directors are pleased to present their annual report with the financial statements of East London Out Project (elop) for the year ending 31 March 2024. The statements appear in the format required by the Statement of Recommended Practice for Accounting and Reporting by Charities (revised March 2005). The report and statements also comply with the Companies Act 2006 as elop was incorporated by guarantee on 14 April 1997. It has no share capital and is a registered charity. The guarantee of each member is limited to £1. The governing document is the Memorandum and Articles of Association of the company and members of the Board of Trustees are the Directors of the Company.

Reference and administrative details

Charity Number: 1067474

Company Number: 03355423

Address: 56-60 Grove Road, Walthamstow, London E17 9BN

Bankers: Co-operative Bank

PO Box 101, 1 Balloon Street, Manchester M60 4EP

Solicitor: Russell-Cooke Solicitors

2 Putney Hill, London SW15 6AB

Members of the Board of Trustees who are Directors for the purpose of company law and Trustees for the purposes of charity law, who served during the year and up to the date of this report are:

Sarah Humphreys: Chair

David Pearson: Treasurer

Victoria Fox Vice Chair

Susan Baines

Lewis Allett – Fundraising Committee Lead

Matthew Davies – Fundraising Committee Lead

Sarah Milne – appointed 16 March 2024

Christine Lehmann

Company Secretary and Chief Executive: Teresa Sharpe

EAST LONDON OUT PROJECT

YEAR ENDED 31 MARCH 2024

TRUSTEES' REPORT

Structure, Governance and Management

The directors of the charitable company (the charity) are its Trustees for the purposes of charity law and throughout this report are collectively referred to as the Trustees.

The Board of elop also constitutes the membership of the charity. The Board has a number of mechanisms in place to consult with key stakeholders, including staff, volunteers and service users to inform its work and decision-making. As set out in the Articles of Association, Trustees are elected annually at the Annual General Meeting. The Trustees have the power to co-opt further members. When considering Trustees for election or co-option, the Board has a process for recruiting and selecting Board members with the appropriate skills necessary to govern and strategically lead. Board recruitment is reviewed annually and additionally where needed. Trustees are recruited through open recruitment and appointed based upon their skills and experience according to the prevailing needs and aspirations of the Board and organisation. Trustees are appointed for a minimum two-year period, with no limit on the number of times a Trustee can stand for re-election if in the organisation's best interest. We have successfully recruited to ensure that we now have a full board of Trustees, and they have been no changed in the board composition this year.

All new Trustees take part in the organisation's induction training and are provided with support and training to brief them on their legal obligations under charity and company law. All Trustees are provided with the company's Memorandum and Articles of Association and information about the Board, the organisation's decision-making structures and prevailing issues facing the organisation. All Trustees are offered the opportunity to undertake external training in relation to their role. A Board Management Charter, signed by all Trustees upon co-option and election, sets out how the Board will work together and the commitment required. This Charter is reviewed on an annual basis. Peer buddying is available for Trustees who require this. Full Board meetings are held at a minimum of four times a year, along with two strategic planning days, in addition to other strategic meetings, subcommittees or task and finishing groups as required. This year we have had groups focused on fundraising, premises and a Business Management group.

elop's Board holds overall responsibility for the organisation's strategic direction and policy development. Responsibility for strategic implementation and the operational running of the organisation is delegated to the Chief Executive Officer, who reports directly to the Board via Board meetings. The Board's work programme for the year is overseen by the Chair and reviewed at Board meetings and the work is carried out by individual Board members. The Board holds responsibility for reviewing key areas of financial activity and policy and holds overall responsibility for the organisation's financial position and procedures.

EAST LONDON OUT PROJECT

YEAR ENDED 31 MARCH 2024

TRUSTEES' REPORT

Public Benefit

The Trustees, in exercising their powers and duties, have complied with their duty in section 4 of the Charities Act 2006 to have due regards to the public benefit guidance published by the Charity Commission. In preparing the report and accounts the Trustees have complied with the requirements set out in relation to the requirement to report on public benefit and have reported on the significant activities and achievements of the charity in 2023/24. They have reported in a way that both sets out the aims and strategies of the charity and demonstrates how the aims and activities of the charity were carried out for the public benefit.

Risk Management

The Trustees have assessed the major risks to which the charity is exposed, in particular those related to the operations and finances of the charity and are satisfied that the systems are in place to mitigate the charity's exposure to the major risks.

Risk assessment remains a standing item on each Board meeting agenda, to ensure that risks are identified and discussed at Board level. Risks are identified through a number of routes including output from Management Board, via staff Senior Management Team meetings and the annual planning cycle. Risks are recorded in the minutes of each meeting along with steps required to mitigate the risk.

The Board and staff continue to work hard to respond to the financial risks the organisation faces in the current economic climate and the impact this is expected to have on the charity sector. The board has implemented a salary review policy and there is a rolling programme of review for all posts now in place.

The Board are pleased that they again have been able to increase the organisation's reserves and very pleased that we have continued to achieve meeting the organisation's reserve policy of 3-6 months of core funding at any one time. We recognise that as income and expenditure increases there continues to be a need to increase the reserves held by the organisation. We have increased our property reserve to be able to meet the relocation and refurbishment costs this will entail without this impacting on our ordinary reserve policy, and potentially to cushion the organisation from additional costs faced in a new premise.

EAST LONDON OUT PROJECT

YEAR ENDED 31 MARCH 2024

TRUSTEES' REPORT

Related parties

elop continues to work collaboratively with several other agencies and service providers to advance an awareness of the needs and issues of our service user groups and share best practice. This includes running occasional joint activities and working as part of wider alliances, such as the National LGBT Partnership, and our partnership funding with London Friend and LGBT Hero. We have remained involved in a local equalities' partnership in Tower Hamlets.

Objectives and activities

The principal objectives for which the company is formed are, by charitable means, to preserve and promote mental health and well-being of members of LGBT communities, in particular by:

- the provision of counselling, support, information and advice services; and
- raising awareness of mental health and well-being issues affecting members of LGBT communities.

elop's vision is a world in which the mental health and wellbeing needs of the LGBT+ community are met and LGBT+ people can flourish.

elop's mission is to better the mental health and well-being of LGBT+ people, and to challenge the discrimination and inequalities that our community faces.

Last year we said we would look to find suitable premises in East London and return to running our services from a community centre whilst retaining some online support for those that need it. We have continued to provide much of our counselling in person and have rented two rooms for this full time moving from the different locations we were previously using to help streamline the service. We have found a suitable premise and have expressed interest in this to the local authority. We have enabled mentoring volunteers to have online access to their relevant documentation and have communicate with volunteers via their online accounts making more use of our cloud-based accounts. We have been able to provide dedicated youth counsellor as well as provide additional mentoring support for young people up to the age 24. We have worked on expanding our training provision and during this year have worked to be able to take applications for our forthcoming Advance Diploma in LGBT+ Affirmative Counselling. We have grown our volunteer team and have in some groups been able to have two volunteers in support. We finalised and published our business plan.

elop provides support and direct services to up to 200 people a week, and whilst mainly providing these services online, we have continued to introduce more face-to-face support during the year. Despite not being able to find new premises we have been able to maintain our services and continue to provide much needed support. We have been able to grow our

EAST LONDON OUT PROJECT

YEAR ENDED 31 MARCH 2024

TRUSTEES' REPORT

mentoring services for young people and have explored new activity programmes. We have continued to provide a range of consultation, training, representation and awareness-raising initiatives to advocate and provide an LGBT+ voice.

Counselling services

2023-2024 has remained a busy time for our counselling service, as we started the year with a high waiting list and have been continuing to work to reduce this over the year. Working to reduce this and for most of the year this has been between 12 – 16 weeks reduced from 26 weeks the previous year. Having introduced a system last year in managing the numbers of referrals we have taken 335 referrals this year. During this year we consolidated where we were providing counselling from and moved all our face-to-face service to Durning Hall in Forest Gate. Over 60% of our support is now provided in person. With more opportunity to provide in person counselling we have been able to maintain the capacity in our counselling service. Due to the high demand on our services this year we have continued to only offer a 14-session service but are mindful that we wish to increase this again in the future. We have had increased capacity within the service at times with the new appointment of a counselling co-ordinator post and we have recruited sessional youth counsellors during the later part of this year. We have also been able to provide relationship counselling this year and have had 3-5 spaces in the service dedicated to this in the year. Where necessary those using the counselling service are offered additional support through the Heads Out Service and this additional support ensures that we can provide a safe service to those who are at increased risk.

We provided training for the counselling team, which included assessment training, trauma informed practice, working with shame, and Intersectionality: Understanding Multiple Diversity and Oppression.

Our outcome evaluation shows that all those using the service improve their scores and their mental health had improved. All those whose scores captured have improved mental health and wellbeing self-esteem, increased confidence and resilience, and ability to manage their mental health and have achieved this for 100% of people who return or fill in score with their counsellor. Improvements vary with some people improving slightly whilst others can have increases of over 200%. On average pre sessions scores average were 26 and post counselling the scores were 43.

EAST LONDON OUT PROJECT

YEAR ENDED 31 MARCH 2024

TRUSTEES' REPORT

Feedback

email from ex-client re-referring: I had counselling with yourselves back in 2022 and I can honestly say it changed my life and allowed me to see who I truly am and has allowed me to move forward and be much more comfortable in myself.

email from current counsellor: Enjoyed waxing lyrical about my time with elop with my school supervision group yesterday, our penultimate for the course, and hearing the supervisor say one of their students just got a placement with elop and was massively impressed with the induction process. Keep doing what you're doing, it's truly setting the standards!

email from client: I want to say a huge thank you to you and everyone at elop for the wonderful service you provide, for all your care and support and for being such wonderful humans. It has meant so much to me and I would certainly recommend you. Also, if ever there is something I can do to help in return, please don't hesitate to ask.

new counsellor induction: Thanks for a rigorous and informative induction. I really wanted to tell you the word I was left with that describes how I felt afterwards was "held". I felt very held. Thank you.

conversation with counsellor: 'The shame workshop was just amazing, it really blew me away. So much knowledge in that session.'

email from counsellor leaving elop: elop has been a very significant, steady, powerful and consistent presence during my 2 year tenure during my Level 4 counselling training, and words barely come close to the depth of appreciation I have for the organisation as a whole, but more specifically the clients, supervisors, admin staff and you - the steady rock at the core of elop. It has all been received and felt very deeply.

email from client: Thank you so much for your work with elop - I've had a really positive experience and felt a real change since I started.

EAST LONDON OUT PROJECT

YEAR ENDED 31 MARCH 2024

TRUSTEES' REPORT

email from client: My sessions have now come to an end, and they have been extremely helpful to me. I feel like they have opened my eyes to certain aspects about myself, and getting past that first step of noticing things is very important.

email from client: Thanks for all your help over the last few months, the service has been amazing and I am super grateful to my counsellor and the whole team. If there is anything I can do in terms of former client participation to keep the service going, please let me know, I'd be happy to help.

Heads Out Service



Wednesdays
7 - 8.30pm
Online via Teams
Free to Join

email
mentalhealth@elop.org
or call **07908 553744**
for more information

**a safe, supportive
inclusive space
for non-cisgender
people to meet
& connect with
peers**



Having only had one member of staff in this service during this year we have not been able to run all our groups and have focused on running Imago and ReCharge alongside our Mental health plans and have currently paused our Reclaim group as we are without funding for this. We have provided mental health plans to 38 people. During this year we were able to provide for some of the year a programme for GBT+ men called Refit, which provided a range of gentle physical activity to support their mental health

Overall we have run 93 group sessions were delivered and 126 people have been supported through our Heads Out Service.

“ This has been more helpful than many other mental health support services that I accessed in the past. I especially liked the worksheets that allowed me to better understand and reframe some of my negative thinking patterns. I liked how interactive it was and that I had an influence on how the final plan will look like! “

EAST LONDON OUT PROJECT

YEAR ENDED 31 MARCH 2024

TRUSTEES' REPORT

"I shared the mental health plan with my long-term therapist. It's very helpful as a resource that I can use between sessions to remind myself of positive affirmations and ways in which I can make myself feel better. Accessing a mental health plan made me realise that I need much more self-compassion and allowed me to build a more empathetic approach towards my current situation. It was queer-positive, and helpful. "

"It really helps to have a mental health support space where I can also be myself - bisexual and non-binary"

"I had some concerns for joining in person - you never know how it's going to be like, but I am glad I came to the meet up. Imago allows me to ground myself and I realise I need these sessions more than I thought. I always feel like there's something missing, whenever I skip one"

"I am so glad I came to Imago today. I didn't understand why I felt the way I did - depleted, overwhelmed, lost and low. Speaking to others made me realise that I am grieving and important loss. It suddenly makes more sense and allows me to be more self-compassionate. I realised I need more time. I feel less isolated and alone in this. Thank you, this is a great feeling!"

Befriending

We continued to run our befriending programmes over the year and 10 programmes delivered over the year with 42 referrals to this service, although at times there was dropout from some of the programmes. During the sessions, there was good engagement with people enjoying the mix of focused activities and discussions. The groups have evolved to focus on supporting people to enhance their social skills. There have been four volunteers involved in supporting these groups over the year. This programme has continued to be more difficult to deliver online and we have started to plan how we can replace this support with small activity groups that will be introduced during 2024-25.

Youth support services

This year we have continued our youth and family work, including a weekly 12-15s group and a weekly 15-18s group. We have continued to provide more individual mentoring work with young people and have had an additional worker join the team to lead this work. We have also recruited volunteer youth mentors and have specifically recruited people of colour, of faith and trans and non-binary volunteers to these positions. Over the course of the year

EAST LONDON OUT PROJECT

YEAR ENDED 31 MARCH 2024

TRUSTEES' REPORT

we supported 59 young people within our youth groups or mentoring and eight specifically for counselling only. A high proportion of young people we support identify as non-binary, gender fluid or trans.

We continue to support a proportionally high number of young people with a range of disabilities and mental health concerns, with common issues being generalised anxiety, social anxiety, depression, suicidal thoughts, self-harm, low self-esteem and gender dysphoria. We work with young people who are involved in social care, either on child protection plans or children in need, also those who are using CAMHS and early help services. Referrals have come from parents/foster carers, young people, Social Workers, Family Support, CAMHS Neurodevelopmental Team, Teachers, designated safeguarding leads in schools and Colleges, and AKT (Albert Kennedy Trust)

We have continued to provide work in schools and ran a programme of activities within a Pupil Referral unit to widen acceptance of LGBT young people.

Wellbeing group support programme

We ran a varied programme of activities this year, which has included online support, as well as groups in Tower Hamlets and activities programme in Hackney. We have run groups for over 50's, a general social support group, monthly Rainbow Family group, LGBT+ group for people seeking asylum, twice monthly group for 18-25's, activities for GBT+ Men. Our activities continue to reach new people, and our group activities have supported 227 people over the course of the year.

I am writing to express my heartfelt gratitude for the incredible support you provided me during my asylum journey, your emotional, mental health support and letter of support played a pivotal role in my successful application, and I am delighted to inform you that I have been granted the right to remain in the UK. The compassion and dedication of your organisation have made a profound difference in my life. Your unwavering support has not only given me hope but also a new chance for a secure and promising future in this wonderful country. I cannot adequately express how much your letter of support meant to me during this challenging time. Your charity's commitment to assisting individuals like me in seeking asylum is a testament to the goodness and generosity of the human spirit. I will be forever grateful for the role you played in my journey to finding safety, stability and peace in the UK

'I feel so much more confident about myself and I feel safe. I have made a lot of friends at elop who I can talk to and they care about me. I can see a future for myself now. Everyone encouraged me to be myself' Asylum Group Member

EAST LONDON OUT PROJECT

YEAR ENDED 31 MARCH 2024

TRUSTEES' REPORT

Consultation and representational activities

elop continues to attend community and statutory forums to ensure an LGBT+ voice is represented and heard and, recognising the value in partnership working, has formed excellent working relationships with other organisations and networks. elop has also provided consultancy services and training to a wide range of personnel and organisations and continued its involvement in The National LGBT Partnership. As part of our work we were involved in a number of projects, including leading on the National Lesbian and Bisexual Women's Health week.

elop has run the Tower Hamlets LGBT Community Forum, providing a monthly forum, and the five aims of the forum are Connector & Agent of Change, Nothing About Us, Without Us, LGBT Voices Are Heard, Improving Access To Services and Creating Safe Spaces. The forum has actively been involved in raising community concerns in relation to hate crime and has been working with the Tower Hamlets Together Board, raising knowledge of the health inequalities experienced by the LGBT+ community.

elop continues to be involved in a partnership bid in Tower Hamlets bringing together user-led equality organisations to foster intersectional work, and is now the representative from the Tower Hamlets Mental Health Alliance at the Tower Hamlets Partnership Board

elop was invited to LBC to speak about our services and experiences of LGBT+ people seeking asylum on Make Some Noise Day. elop was represented by elop's chair and two users of our LGBT+ asylum support group.



EAST LONDON OUT PROJECT

YEAR ENDED 31 MARCH 2024

TRUSTEES' REPORT

Other activities and events

elop stepped in to run Waltham Forest Pride, in order to ensure this event would take place as the committee running the event disbanded. This event was hugely successful and over 4000 people attended throughout the afternoon. In addition to this event elop has again this year provided a range of LGBT+ events in Tower Hamlets. These events have been well received and have included the annual pride picnic and bandstand event, IDAHOBIT event, annual peace walk, events for LGBT+ History month and for Trans Day of Remembrance in partnership with the Break-Up Monologues attracting over 3,500 people to our events in Tower Hamlets. In addition, over the summer a Pick n Mix event was held which was greatly enjoyed by all those who attended the picnic and games afternoon.

Pick 'n' Mix Event: 'Everyone was so friendly. I was shy to come at first but I really appreciate you helping me mix with people and get to know them and I enjoyed it so much'

Pick 'n' Mix Event: A fantastic event! The kids all played so well together and it was so nice to meet some of the other parents and chat to them. The children were so well entertained by all of the activities and races'



elop was awarded the Leaders Special Recognition Award in December 2023 from Waltham Forest for our work in the borough supporting the LGBT+ community for over 25 years

Congratulations on a fabulous Waltham Forest Pride event on Saturday! It was a lovely day, good vibes, great entertainment - and the sun came out!

I have to say it was one of the best run events I've been too, everyone was so helpful and the crowd were so joyous. I loved every moment!

"Thank you SO much to you and the team for organising a really lovely Pride! There was such a nice vibe and you and the team were friendly and calm, despite am sure there being a fair amount of stress during the day!

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Peace Walk: "It is always lovely to be part of elop as volunteer and participate in lovely events." -

Peace Walk: "It was a pleasure as always to take part and support this important event." - Mark Healey, speaker

Training and Education



During this year we have continued

to run our foundation course in LGBT+ affirmative counselling. We ran two courses with 25 people attending and successfully completing and passing. We have continued to work towards establishing the Advanced Diploma in integrative affirmative counselling with a successful launch event in May 2024 followed by the course start in October 2024. We have increased the amount of training we have delivered which has meant that our earned income

through our training has continued to increase. As part of our training provision this year we run a World Mental Health Event and provided a free seminar on LGBT+ Mental health: Pathways to inclusive and affirmative services.

Thank you once again for yet another excellent session (Nelft LGBT+ allies)

I thought our trainer was excellent. He was very funny, confident and put us at ease. He addressed tricky questions and made me feel included. (Buttle UK)

FC evaluation: A transformative environment for learning and reflection was created between the group members and tutors. This nurtured a group dynamic that allowed vulnerability, personal experience and deep learning. I was constantly surprised by how much personal experience combined with learning has already impacted positively on my own personal life, relationships, and career perspectives. This course is transformational – thank you so much!

EAST LONDON OUT PROJECT

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I got a lot of insight into myself which wasn't always comfortable but it allowed an opportunity to do this which was new to me. It was challenging in a way I have come to appreciate"

CPD: Working with Shame: There was so much in the session, and it was clear that we were scratching the surface of what is a massive topic with plenty of scope for exploration. I'm not sure exactly how to frame it, but I would definitely attend more workshops/seminars/group discussions

Lunch & Learn (LBBD): A fantastic presentation - one of the best I've been to

Lunch & Learn (LBBD): Awesome session! Very informative and interesting

"Leyton 6th form: I found this training really helpful, especially the tips on what to do if a situation comes about in a classroom. Thanks for this, I think it'll really prove useful in the future.

Autumn FC: Transformational – enlightening – genuinely one of the best learning experiences I've ever had

Autumn FC: The course allowed me to take seriously the possibility of training and qualifying as a therapist. This is something I wasn't sure about before, but the course allowed me to get an introduction to some of the core skills and principles that therapists use. It helped me consider that it's actually something I could do. I feel like I already use lots of the learning about myself and my stuff uncovered in the course day to day, when thinking about my feelings and responses. I'm also hoping to bring the things I learned into future facilitation work with LGBTQ+ people.

EAST LONDON OUT PROJECT

YEAR ENDED 31 MARCH 2024

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Fundraising



Having been successful last year with our trusts and foundation fundraising this year we have looked to increase our fundraising efforts in the community to support our diversifying of our funding streams. We have been able to establish a relationship with Abba Voyage which has supported our fundraising efforts greatly this year.

In addition, we have continued our community and event fundraising efforts through our participation in the Red Run, our exercise4elop campaign, drag bingo and support from other organisations including the Depressed Baker. We have been supported by a range of other organisations who have

held benefits for us and we would particularly like to thank Misfits Gym for their support this year.

We have raised £17,000 through fundraising (which was an increase of £4,000) and £45 785 through donations, which was an increase of £26,000, much of which came through the support of Abba Voyage. During this year elop again successfully increased its earned income and were able to increase the amount raised through providing training and consultation to others.

Funding

elop would like to thank our funders for the support we have received this year which has enabled us to provide the range of services. We were successful in being awarded one year continuation funding from the Tudor Trust as an unrestricted grant for the year and this year has seen the start of our two-years funding from New Deal For Young People Propel Grant for mentoring support for 12-24 year olds. During the year we applied for 8 grants and were successfully awarded a grant from London Borough of Tower Hamlets which started during this year and will fund our work in the Borough until March 2027 as well as a Fellowship Suare Grant to run Waltham Forest Pride. Additionally, we were successful in applying for funding from Make Some Noise which will fund our work supporting LGBT+ people seeking asylum from April 2024 for two years and will be supported by Clarion Housing next year with some additional funding for our group work.

We want to thank all our funders who have supported our work during this year and going forwards.

EAST LONDON OUT PROJECT

YEAR ENDED 31 MARCH 2024

TRUSTEES' REPORT

Individual donors

We would like to thank all the individuals who have made one-off or regular donations to the charity over the course of the year. We have again been successful this year in raising additional money through individual donations.

Organisational change

During this year we have had significant changes to the staff team with changes to the staff team with 8 people joining the organisation and 7 people leaving the organisation. Working remotely continues to have challenges for the organisation which has been felt by some new members of staff who found it hard to sustain working remotely. We had two new posts during the year, one was a temporary post for a short period and the second post was for a youth mentor. All staff during this year undertook safeguarding training and trauma-informed practice.

The demand for support has continued to be unrelenting, and the ability to provide much needed mental health support during this time would not have been possible without the dedication of our staff team. The Trustees would like to take this opportunity to thank the whole staff team for their enormous and continued commitment and ongoing support. We would like to recognise the leadership of the CEO, who has been able to support and steer the organisation to be in a good position for the years ahead.

Contribution by volunteers

Many of elop's activities are carried out and supported by the skills, dedication and commitment of our volunteer teams. elop had more than 110 volunteers involved during the year and generally maintained a core team of around 80 volunteers at any one time. We have been successful this year in recruiting new counsellors, group facilitators, and fundraising volunteers. Our volunteer counsellor team continues to be our largest single volunteer team, and whilst numbers fluctuate during the year we have worked hard to maintain the team between 36-40 counsellors at any one time. Our group facilitators continue to do a great job of supporting our groups and have supported online delivery, in person-support and outdoor sessions.

elop recognises that we need to continue to recruit and retain volunteers to help us deliver the wide range of services we have. elop's Board would like to sincerely thank all volunteers for their continued hard work, loyalty and achievements; without their support elop could not successfully provide the range of activities on offer nor support as many individuals as we do.

EAST LONDON OUT PROJECT

YEAR ENDED 31 MARCH 2024

TRUSTEES' REPORT

A massive thank you from Out in the Forest for putting on such a spectacular Pride on Saturday! It was an absolute triumph and you really did the borough proud. Particularly commend you for your approach to working with volunteers. You were superb at keeping us all updated until the day of the event – once there everyone knew what they were doing and it was clear everyone felt supported, not as easy task with so many people involved. Well done.

Thank you for your email. I had a wonderful time volunteering with the youth group! It was a great experience.

Thanks for your email and your words. It was a pleasure to support ELOP in a small way as I really believe in what you do.

EAST LONDON OUT PROJECT

YEAR ENDED 31 MARCH 2024

TRUSTEES' REPORT

Financial review and reserves policy

Our reserves policy is that we should be working towards holding 3-6 months of reserves to demonstrate our sustainability and be able to cover the equivalent of 3-6 months of core funding at any one time. We have achieved this and have reserves dedicated for our move to new premise beyond our 3-6 months core funding. We will remain vigilant about our expenditure to ensure stability and sustainability for the future.

The charity made a surplus of £204,316 (2023 - £73,653) and has unrestricted reserves totalling £715,805 (2023 - £511,489) of which £350,000 (2023 - £220,000) has been designated towards the relocation and expansion of the Charity's premises.

The future

During 2024/25 we will look to find suitable premises in East London and return to running our services from a community centre whilst retaining some online support for those that need it. We will look to bring more services back to in person provision and will focus on enhancing our mental health support and support to young people through increased provision of counselling and mentoring. We will increase our training team to support the Advanced Diploma in Integrative LGBT+ Affirmative Counselling and will hold a launch event to promote this groundbreaking initiative. Our focus for the next three years are laid out in our business plan with the initial focus being on our mental health, youth and training provision.

EAST LONDON OUT PROJECT

YEAR ENDED 31 MARCH 2024

TRUSTEES' REPORT

Statement of Trustee's Responsibility in relation to Financial Statements

The charity's Trustees (Directors) are responsible for preparing the Trustees' Annual Report and Financial Statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the Trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources, including the income and expenditure of the charitable company for that period. In preparing these financial statements, the Trustees are required to:

- Select suitable accounting policies and then apply them consistently;
- Observe the methods and principles in the Charities SORP;
- Make judgements and estimates that are reasonable and prudent;
- State whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements; and
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.

The Trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy, at any time, the financial position of the charity and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities as well as exercising proper financial controls.

By order of the trustees



Sarah Humphreys (Chair)

Date 30th Jan 2025

INDEPENDENT EXAMINERS REPORT TO THE MEMBERS OF EAST LONDON OUT PROJECT YEAR ENDED 31ST MARCH 2024

Independent Examiner's Report

I report to the charity trustees on my examination of the accounts of the charity for the year ended 31st March 2024.

Responsibilities and basis of report

As the charity trustees of the company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your company's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

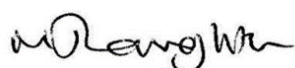
Independent examiner's statement

Since the company's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of Institute of Chartered Accounts of Scotland which is one of the listed bodies.

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

- accounting records were not kept in respect of the company as required by section 386 of the 2006 Act; or
- the accounts do not accord with those records; or
- the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a 'true and fair view' which is not a matter considered as part of an independent examination; or
- the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached



M J Laughton CA
MUNRO BROWN LTD
Chartered Accountants

Scots House, Scots Lane, Salisbury SP1 3TR

Date: 30th Jan 2025

EAST LONDON OUT PROJECT

STATEMENT OF FINANCIAL ACTIVITIES

(including summary income and expenditure account)

YEAR ENDED 31ST MARCH 2024

	Notes	UNRESTRICTED FUNDS 2024	RESTRICTED FUNDS 2024	TOTAL FUNDS 2024	TOTAL FUNDS 2023
		£	£	£	£
INCOME					
Donations and Gifts	5	121,255	-	121,255	94,408
Charitable Activities	6	77,898	387,369	465,267	329,430
Other trading activities	5	65,489	-	65,489	48,091
TOTAL INCOMING RESOURCES	9	264,642	387,369	652,011	471,929
EXPENDITURE ON					
Charitable Activities	7	76,676	371,019	447,695	398,276
TOTAL EXPENDITURE	9	76,676	371,019	447,695	398,276
NET INCOMING RESOURCES FOR YEAR BEFORE TRANSFERS		187,966	16,350	204,316	73,653
TRANSFERS BETWEEN FUNDS	9	-	-	-	-
NET MOVEMENT IN FUNDS		187,966	16,350	204,316	73,653
FUNDS BROUGHT FORWARD AT 1ST APRIL		511,489	-	511,489	437,836
FUNDS CARRIED FORWARD AT 31ST MARCH		699,455	16,350	715,805	511,489

The Statement of Financial Activities includes all gains and losses in the year.
All incoming resources and resources expended derive from continuing activities.

EAST LONDON OUT PROJECT
BALANCE SHEET
AT 31ST MARCH 2024

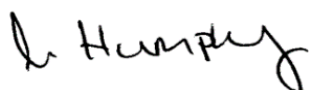
	Notes	2024		2023	
		£	£	£	£
FIXED ASSETS	10		-		-
CURRENT ASSETS					
Debtors & prepayments	11	23,553		21,775	
Cash at bank and in hand		828,713		601,562	
		<u>852,266</u>		<u>623,337</u>	
CREDITORS, AMOUNTS FALLING DUE WITHIN ONE YEAR	12	136,461		111,848	
NET CURRENT ASSETS			715,805		511,489
TOTAL NET ASSETS		£	<u>715,805</u>	£	<u>511,489</u>
FUNDS					
Unrestricted Funds					
General Funds	9		349,455		291,489
Designated Funds	9		350,000		220,000
Restricted Funds	9		16,350		-
TOTAL FUNDS		£	<u>715,805</u>	£	<u>511,489</u>

The directors are satisfied that the company was entitled to exemption from audit under section 477 of the Companies Act 2006 and that members have not required an audit in accordance with section 476.

The directors acknowledge their responsibilities for:

- i) ensuring that the company keeps accounting records which comply with section 386; and
- ii) preparing accounts which give a true and fair view of the state of affairs of the charitable company as at the end of the financial year and of its profit or loss for the financial year in accordance with the requirements of section 396 and which otherwise comply with the requirements of this Act relating to accounts, so far as applicable to the charitable company.

Approved by the Trustee Directors and signed on their behalf on :



S Humphreys

30th Jan 2025

Company Number : 03355423

EAST LONDON OUT PROJECT

NOTES TO THE ACCOUNTS

YEAR ENDED 31ST MARCH 2024

1) ACCOUNTING POLICIES

The principal accounting policies adopted in the preparation of the financial statements are set out below, and have been consistently applied within the accounts.

- a) The financial statements have been prepared in accordance with the Financial Reporting Standard 102 (FRS 102), the Statement of Recommended Practice (SORP), "Accounting and Reporting by Charities" published in 2015 and applicable charity and company law. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note.

The charity adopted SORP (FRS 102) in the current year and there were no transition adjustments

- b) The charity is a company limited by guarantee. The members of the company are the trustees named on page 1. In the event of the charity being wound up, the liability in respect of the guarantee is limited to £1 per member of the charity.
- c) Incoming resources are recognised on an accruals basis, except that donations and legacies are recognised only upon receipt unless the donor advises otherwise. Grants are treated as income for the period to which the grantor assigns the grant and the stipulated period of service provision and deferred as necessary. Service contracts or grants where the grantor stipulates performance targets and does not specify that a surplus is retrievable, are regarded as unrestricted once the targets are achieved. The value of services provided by volunteers is not incorporated into these financial statements. Donated assets are valued at fair market value. During the year no assets were donated.
- d) Resources Expended/ Expenditure
Charitable activities relate to the costs incurred in providing the company's charitable services. These include expenses to provide training to counsellors and education for relevant groups as well as the majority of staff costs. They include all materials and literature provided to run the projects and support costs like telephone, postage and stationery. Costs are shown inclusive on non-recoverable VAT.
- e) Fixed assets are capitalised at cost and depreciation is provided to write off the cost of the assets over their expected useful economic lives. Office equipment (General Fund) is written off at a rate of 33.3% per annum on a reducing balance basis. Leasehold improvements (General Fund) are written off at a rate of 20% per annum on a straight line basis. The length of the original lease was 5 years and these costs have now been fully amortised. The cost of subsequent refurbishments has been written off as incurred. Office equipment (restricted funds) is written off over the length of the funding. The estimated residual value of the fixed assets is nil.
- f) Stocks of safe sex literature relating to the Charity's services & general information are written off as incurred.
- g) The value of services provided by volunteers is not included within these financial statements.
- h) The Charity operates a defined contributions pension scheme
- i) The accounts have been prepared on a going concern basis.
- j) Unrestricted funds are available for the use in the furtherance of the charity's objectives. Restricted funds are subject to restrictions imposed by the donors as set out in the notes to the accounts.
- k) Debtors
Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid after taking account of any trade discounts due.
- l) Creditors
Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

EAST LONDON OUT PROJECT

NOTES TO THE ACCOUNTS

YEAR ENDED 31ST MARCH 2024

2) FUNDS & FUNDING

General Fund

The General Fund includes all grant income from Local Authorities or other statutory bodies who support the main objectives and services provided by elop in their areas. The individual grants require a certain level of service provision, which are individually reported back to each funder.

The General Fund also accounts for unrestricted charitable trusts & foundation funding, donations, fundraising and investment income.

The London Borough of Tower Hamlets provided funding for the provision & delivery of an LGBT community forum for engaging local LGBT communities, representation & consultation, the provision, and delivery of LGBT community events, plus the delivery of LGBT mental health crisis prevention plans, support groups and awareness training to local providers.

DH (National LGB&T Partnership) an England-wide consortia of LGBT voluntary & community organisations who are committed to reducing health inequalities & challenging homophobia, biphobia & transphobia in public services. elop is one of the partners. The Partnership is currently funded by the Department of Health to support & enable the partnerships strategic engagement & consultation with Government & statutory bodies.

Equalities Partnership in Tower Hamlets (Cornerstone) provided funding to ensure LGBT representation in partnership project.

London Community Foundation: GVC provided a 12-month grant for GBT men's health work.

Tesco Community Grant: contribution funding towards work with LGBTQ families.

BBC Children in Need - part of a 3-year grant to deliver a dedicated LGBTQ children's and young people's project including weekly youth support groups, one-to-one support, and counselling.

The National Lottery Community Fund (Partnership Grant) – part of a 3-year grant in partnership with London Friend & LGBT Hero funding mental health and befriending support.

Tudor Trust - part of a 3-year grant for Director of Wellbeing Services post.

LB Waltham Forest (Health Inequalities Impact Fund) – one-off grant to provide LGBT health project for LGBT residents.

LB Waltham Forest - provided funding to deliver the annual WF Pride event.

LB Hackney – one-off grant to provide community activities for LGBT residents.

The National Lottery Community Fund – part of a 3-year grant to support LGBT counselling.

LB of Tower Hamlets: Mayor's Community Grants Programme – part of a 3yr 5mth grant to provide LGBTQ one-to-one mental health support and group activities.

GLA - New Deal for Young People Grant: - part of a 2yr grant to support delivery and expansion of quality mentoring services specific to the needs of London's disadvantaged LGBTQ+ young people (12-24yrs) and learn about shifting needs.

EAST LONDON OUT PROJECT

NOTES TO THE ACCOUNTS

YEAR ENDED 31ST MARCH 2024

3) OPERATING SURPLUS/(DEFICIT)

	2024 £	2023 £
The net operating surplus/(deficit) of income over expenditure is stated after charging:		
Staff costs (note 4)	343,119	319,224
Depreciation of equipment & loss on disposal	-	-

4) STAFF COSTS

	2024 £	2023 £
Staff costs for the year were as follows:		
Salaries	306,839	284,142
Social security costs	24,494	23,950
Pensions Costs	11,786	11,132
	343,119	319,224

The average number of persons employed by the charitable company in the year was 11 persons. (2023 - 10). One member of staff was paid more than £60,000.

The key management personnel of the charity comprises the trustees and the Chief Executive, to whom responsibility for the day-to-day activities of the charity is delegated. The total employee benefits received by key management personnel during the year (excluding employer pension costs) were £61,764 (2023: £59,385).

EAST LONDON OUT PROJECT

NOTES TO THE ACCOUNTS

YEAR ENDED 31ST MARCH 2024

5) INCOMING RESOURCES FROM GENERATED FUNDS

	TOTAL 2024		TOTAL 2023	
	£	£	£	£
UNRESTRICTED FUNDS				
GENERAL FUND				
Donations and Gifts				
Donations	45,785		19,703	
User Contributions	75,470		74,705	
		121,255		94,408
Other trading activities				
Fund-raising activities	20,562		13,601	
Training & Placement fees	37,890		32,356	
		58,452		45,957
		179,707		140,365
Investment Income				
Interest receivable		7,037		2,134
TOTAL RESOURCES FROM GENERATED FUNDS		186,744		142,499

EAST LONDON OUT PROJECT

NOTES TO THE ACCOUNTS

YEAR ENDED 31ST MARCH 2024

6) ANALYSIS OF GRANTS

	GRANTS Rec'd in year	Opening Debtors	Closing Debtors & Creditors	Deferred Income movement	TOTAL 2024	2023
	£	£	£	£	£	£
UNRESTRICTED FUNDS						
GENERAL FUND						
London Borough Tower Hamlets	25,000	(8,333)	8,333	-	25,000	25,000
Postcode Society Trust	-	-	-	-	-	12,977
Arnold Clark Auto	-	-	-	-	-	1,000
DWF Charitable Foundation	-	-	-	-	-	1,500
Queen Marys University	-	-	-	-	-	200
FORD Trust	-	-	-	-	-	2,260
LB Waltham Forest (Early Help Project)	-	-	-	-	-	5,000
Equalities Partnership in Tower Hamlets (Cornerstone)	17,938	-	-	-	17,938	8,542
London Community Foundation: GVC	-	-	-	15,000	15,000	8,250
LB Tower Hamlets - LCF	16,110	-	-	-	16,110	27,618
Groundwork Uk (Tesco)	1,000	-	-	-	1,000	-
DH (National LGBT Partnership)	2,340	-	-	510	2,850	2,178
TOTAL GENERAL FUND	62,388	(8,333)	8,333	15,510	77,898	94,525
RESTRICTED FUNDS						
BBC Children in Need	32,494	-	-	-	32,494	31,795
The National Lottery Community Fund (Partnership Grant)	40,848	-	-	13,616	54,464	54,464
The National Lottery Community Fund	164,935	-	-	1,068	166,003	25,132
LB Waltham Forest (Health Inequalities Impact Fund)	-	-	-	2,600	2,600	4,190
LB Waltham Forest	15,000	-	-	-	15,000	-
LB Waltham Forest (Vulnerable Resident Fund)	-	-	-	-	-	9,762
LB Hackney (LBH)	19,820	-	-	(4,955)	14,865	19,880
London Community Foundation: MOPAC VAWG Grassroots Fund	-	-	-	-	-	37,307
Tudor Trust	84,000	-	-	(44,000)	40,000	40,000
CityBridge Trust(2 year continuation)	-	-	-	-	-	12,375
LB-Tower Hamlets Grants Restricted	10,417	-	-	-	10,417	-
New Deal for Young People 2024	58,164	-	-	(6,638)	51,526	-
TOTAL RESTRICTED FUNDS	425,678	-	-	(38,309)	387,369	234,905
TOTAL UNRESTRICTED & RESTRICTED	488,066	(8,333)	8,333	(22,799)	465,267	329,430

EAST LONDON OUT PROJECT

NOTES TO THE ACCOUNTS

YEAR ENDED 31ST MARCH 2024

7) TOTAL RESOURCES EXPENDED

SERVICE AREA				TOTAL	
	Core Service: £	Governance £	Support £	2024 £	2023 £
Core Service activities	423,717	12,989	10,989	447,695	398,276
TOTAL RESOURCES EXPENDED	423,717	12,989	10,989	447,695	398,276

Where not directly attributable, costs are allocated on a basis of estimated time associated with specific activities.

8) GOVERNANCE & SUPPORT COSTS

	2024	2024
	£	£
	Governance	Support
Staff salaries	6,074	6,074
Apportioned office running costs and resources	4,915	4,915
Independent Examination	2,000	-
	12,989	10,989

9) MOVEMENT ON FUNDS IN YEAR

	Note	Opening Balance at 1/4/2023 £	Incoming Resources (notes 5 & 6) £	Outgoing Resources (note 7) £	Transfers between funds £	Closing Balance at 31/3/2024 £
UNRESTRICTED FUNDS	2					
General Fund		291,489	264,642	76,676	(130,000)	349,455
Designated Funds:						
Property Reserve		220,000	-	-	130,000	350,000
		511,489	264,642	76,676	-	699,455
RESTRICTED FUNDS	2					
BBC Children in Need		-	32,494	32,494	-	-
The National Lottery Community Fund (Partnership Grant)		-	54,464	54,464	-	-
The National Lottery Community Fund		-	166,003	166,003	-	-
LB Waltham Forest (Health Inequalities Impact Fund)		-	2,600	2,600	-	-
LB Waltham Forest		-	15,000	15,000	-	-
LB Hackney (LBH)		-	14,865	14,865	-	-
Tudor Trust		-	40,000	40,000	-	-
LB-Tower Hamlets Grants Restricted		-	10,417	10,417	-	-
New Deal for Young People 2024		-	51,526	35,176	-	16,350
TOTAL RESTRICTED FUNDS		-	387,369	371,019	-	16,350
TOTAL UNRESTRICTED & RESTRICTED		511,489	652,011	447,695	-	715,805

The Trustees have designated £40,000 in the year towards the relocation and expansion of the charity's premises

EAST LONDON OUT PROJECT

FIXED ASSETS

YEAR ENDED 31ST MARCH 2024

10) FIXED ASSETS

	Leasehold	Office Equipment	
	General Fund	General Fund	TOTAL
<i>Cost</i>	£	£	£
Brought forward	7,116	30,037	37,153
Additions	-	-	-
Disposals	-	-	-
AT 31ST MARCH 2024	<u>7,116</u>	<u>30,037</u>	<u>37,153</u>
<i>Depreciation</i>			
Brought forward	7,116	30,037	37,153
Charge for year	-	-	-
On disposals	-	-	-
Transfers between funds	-	-	-
AT 31ST MARCH 2024	<u>7,116</u>	<u>30,037</u>	<u>37,153</u>
<i>Net Book Value</i>			
AT 31ST MARCH 2024	<u>-</u>	<u>-</u>	<u>-</u>
AT 31ST MARCH 2023	<u>-</u>	<u>-</u>	<u>-</u>

11) DEBTORS, amounts falling due within one year

	2024	2023
	£	£
Grants receivable	8,333	8,333
Other debtors & prepayments	15,221	13,442
	<u>23,553</u>	<u>21,775</u>

12) CREDITORS, amounts falling due within one year

	2024	2023
	£	£
Other taxation & social security	7,789	9,504
Deferred income	111,018	88,219
Other creditors & accruals	17,654	14,125
	<u>136,461</u>	<u>111,848</u>

EAST LONDON OUT PROJECT

NOTES TO THE ACCOUNTS

YEAR ENDED 31ST MARCH 2024

13) ANALYSIS OF NET ASSETS BETWEEN FUNDS

	Restricted £	Unrestricted £	Total £
Tangible Fixed Assets	-	-	-
Current Assets	127,368	724,898	852,266
Current Liabilities	(111,018)	(25,443)	(136,461)
	16,350	699,455	715,805

14) TRUSTEES' REMUNERATION & EXPENSES

In the year there were no payments to Trustees, . (2023- nil.)

15) TAXATION

The charity is exempt from tax on its charitable activities.

16) STATUS, CONNECTED CHARITIES & RELATED PARTY TRANSACTIONS

The company is incorporated by charitable means and is limited by guarantee without share capital. The company is not part of any group.

No payments were made to any related party.

EAST LONDON OUT PROJECT

England & Wales - Charity number 1067474

Accounts

EAST LONDON OUT PROJECT
ANNUAL REPORT & ACCOUNTS
YEAR ENDED 31ST MARCH 2023

EAST LONDON OUT PROJECT

YEAR ENDED 31 MARCH 2023

CHAIR'S REPORT

This annual report provides an overview of the work undertaken this year and our future plans as we move forward. I, on behalf of the Board, would like to thank all those who have supported the work of the organisation as staff, volunteers and supporters; we could not achieve what we do without you. This year we have been impacted by our inability to return to our existing venue and we have returned some of our activities to in person, but overall we have been restricted whilst we do not have premises fit for purpose. Continuing online has not been easy as we have been aware that for some users, volunteers and staff returning to face-to-face provision would have great benefits. We have looked at a number of properties but have found it difficult to find a venue in the right location, at a price that is affordable longer term and premises that will allow us to grow. We have grown our property reserve this year to support us in being able to afford a property that will be fit for purpose, but we have been disappointed to have not been able to move into a property that we had found and been accepted for.

We have continued to see the impact of Covid-19 on the mental health of our community and continue to have high demand for our services. We thank our staff, volunteers, funders and other supporters who have enabled us to continue to provide these vital services. We have also seen the impact of the increasing hostility faced by the community and the increase in hate crimes; the emotional impact of a more hostile environment is felt by many of those who use our services. We have in response to this introduced a new mental health support group for trans and non-binary people, having successfully gained some pilot funding for the group.

We continued to focus most of our funding efforts on trusts and foundation applications and have been successful again in attracting new funding and some longer-term funding that will support us in the next 2-3 years. In addition, this year we have introduced some face to face fundraising events and have grown our team of fundraisers. We have continued to work over the last year to ensure that the organisation is able to meet demand for our services, and to consolidate our sustainability. The board and staff have spent time this year writing the organisation's business plan and have set out our vision for the next 3-5 years.

Sarah Humphreys - Chair of Board of Trustees.

EAST LONDON OUT PROJECT

YEAR ENDED 31 MARCH 2023

TRUSTEES' REPORT

Report of the Trustees for the Year Ended March 2023

The directors are pleased to present their annual report with the financial statements of East London Out Project (elop) for the year ending 31 March 2023. The statements appear in the format required by the Statement of Recommended Practice for Accounting and Reporting by Charities (revised March 2005). The report and statements also comply with the Companies Act 2006 as elop was incorporated by guarantee on 14 April 1997. It has no share capital and is a registered charity. The guarantee of each member is limited to £1. The governing document is the Memorandum and Articles of Association of the company and members of the Board of Trustees are the Directors of the Company.

Reference and administrative details

Charity Number:	1067474
Company Number:	03355423
Address:	56-60 Grove Road, Walthamstow, London E17 9BN
Bankers:	Co-operative Bank PO Box 101, 1 Balloon Street, Manchester M60 4EP
Solicitor:	Russell-Cooke Solicitors 2 Putney Hill, London SW15 6AB

Members of the Board of Trustees who are Directors for the purpose of company law and Trustees for the purposes of charity law, who served during the year and up to the date of this report are:

Sarah Humphreys: Chair
David Pearson: Treasurer
Victoria Fox Vice Chair
Susan Baines
Lewis Allett – Fundraising Committee Lead
Lee Mavue Patrontasch (resigned 24th October 2022)
Matthew Davies – appointed 24th October 2022 Fundraising Committee Co lead
Sarah Milne – appointed 16 March 2023
Christine Lehmann – appointed 1 February 2023

Company Secretary and Chief Executive: Teresa Sharpe

EAST LONDON OUT PROJECT

YEAR ENDED 31 MARCH 2023

TRUSTEES' REPORT

Structure, Governance and Management

The directors of the charitable company (the charity) are its Trustees for the purposes of charity law and throughout this report are collectively referred to as the Trustees.

The Board of elop also constitutes the membership of the charity. The Board has a number of mechanisms in place to consult with key stakeholders, including staff, volunteers and service users to inform its work and decision-making. As set out in the Articles of Association, Trustees are elected annually at the Annual General Meeting. The Trustees have the power to co-opt further members. When considering Trustees for election or co-option, the Board has a process for recruiting and selecting Board members with the appropriate skills necessary to govern and strategically lead. Board recruitment is reviewed annually and additionally where needed. Trustees are recruited through open recruitment and appointed based upon their skills and experience according to the prevailing needs and aspirations of the Board and organisation. Trustees are appointed for a minimum two-year period, with no limit on the number of times a Trustee can stand for re-election if in the organisation's best interest. We have successfully recruited to ensure that we now have a full board of Trustees, with three new board members joining during the year to support with event and corporate fundraising and strategic planning, and we had one resignation during the year.

All new Trustees take part in the organisation's induction training and are provided with support and training to brief them on their legal obligations under charity and company law. All Trustees are provided with the company's Memorandum and Articles of Association and information about the Board, the organisation's decision-making structures and prevailing issues facing the organisation. All Trustees are offered the opportunity to undertake external training in relation to their role. A Board Management Charter, signed by all Trustees upon co-option and election, sets out how the Board will work together and the commitment required. This Charter is reviewed on an annual basis. Peer buddying is available for Trustees who require this. Full Board meetings are held at a minimum of four times a year, along with two strategic planning days, in addition to other strategic meetings, subcommittees or task and finishing groups as required. This year we have had groups focused on fundraising, premises and a Business Management group.

elop's Board holds overall responsibility for the organisation's strategic direction and policy development. Responsibility for strategic implementation and the operational running of the organisation is delegated to the Chief Executive Officer, who reports directly to the Board via Board meetings. The Board's work programme for the year is overseen by the Chair and reviewed at Board meetings and the work is carried out by individual Board members. The Board holds responsibility for reviewing key areas of financial activity and policy and holds overall responsibility for the organisation's financial position and procedures.

EAST LONDON OUT PROJECT

YEAR ENDED 31 MARCH 2023

TRUSTEES' REPORT

Public Benefit

The Trustees, in exercising their powers and duties, have complied with their duty in section 4 of the Charities Act 2006 to have due regards to the public benefit guidance published by the Charity Commission. In preparing the report and accounts the Trustees have complied with the requirements set out in relation to the requirement to report on public benefit and have reported on the significant activities and achievements of the charity in 2022/23. They have reported in a way that both sets out the aims and strategies of the charity and demonstrates how the aims and activities of the charity were carried out for the public benefit.

Risk Management

The Trustees have assessed the major risks to which the charity is exposed, in particular those related to the operations and finances of the charity, and are satisfied that the systems are in place to mitigate the charity's exposure to the major risks.

Risk assessment remains a standing item on each Board meeting agenda, to ensure that risks are identified and discussed at Board level. Risks are identified through a number of routes including output from Management Board, via staff Senior Management Team meetings and the annual planning cycle. Risks are recorded in the minutes of each meeting along with steps required to mitigate the risk.

The Board and staff continue to work hard to respond to the financial risks the organisation faces in the current economic climate and the impact this is expected to have on the charity sector. As part of acknowledging the current cost of living crisis and the potential impact of this on staff, elop provided a temporary cost-of-living increment for staff whilst a salary review policy and programme was put in place. This was done to both support staff during a difficult time whilst also recognising the need to ensure we can retain staff and their knowledge and expertise.

The Board are pleased that they again have been able to increase the organisation's reserves and very pleased that we have continued to achieve meeting the organisation's reserve policy of 3-6 months of core funding at any one time. We recognise that as income and expenditure increases there continues to be a need to increase the reserves held by the organisation. We have increased our property reserve to be able to meet the relocation and refurbishment costs this will entail without this impacting on our ordinary reserve policy, and potentially to cushion the organisation from additional costs faced by the rises in energy prices.

EAST LONDON OUT PROJECT

YEAR ENDED 31 MARCH 2023

TRUSTEES' REPORT

Related parties

elop continues to work collaboratively with several other agencies and service providers to advance an awareness of the needs and issues of our service user groups and share best practice. This includes running occasional joint activities and working as part of wider alliances, such as the National LGBT Partnership, and our partnership funding with London Friend and LGBT Hero. We have remained involved in a local equalities' partnership in Tower Hamlets.

Objectives and activities

The principal objectives for which the company is formed are, by charitable means, to preserve and promote mental health and well-being of members of LGBT communities, in particular by:

- the provision of counselling, support, information and advice services; and
- raising awareness of mental health and well-being issues affecting members of LGBT communities.

elop's vision is a world in which the mental health and wellbeing needs of the LGBT+ community are met and LGBT+ people can flourish.

elop's mission is to better the mental health and well-being of LGBT+ people, and to challenge the discrimination and inequalities that our community faces.

Review of activities and impact

Last year we said we would continue to enhance the Board's capacity by recruiting to the final vacancies on the Board, which we have achieved successfully, and as a result have been able to increase our event fundraising. We have continued to look for premises and were disappointed that the premises we applied for was initially accepted and then withdrawn by the local authority. We have continued to view other premises but to date have not found affordable premises to meet our needs. In the meantime we have housed more than half of counselling in different premises to offer face to face support. We said we would increase our social media presence, which we have done, making more use of Instagram and doubling our followers alongside an overall increased use of X/Twitter and Facebook. The organisation moved to the cloud during the year which whilst not without some challenges has supported our ability to reduce our costs on running events or activities online. We changed the structure of the organisation to bring the counselling and mental health services into one service, which has enabled better co-ordination and support, particularly to those facing crisis. Through doing this one member of staff moved from being head of counselling to becoming director of mental health services. We have been able to expand our training provision in part through enabling head of training to focus solely on training and no longer being responsible for mental health services. We have provided

EAST LONDON OUT PROJECT

YEAR ENDED 31 MARCH 2023

TRUSTEES' REPORT

training for all staff on being trauma-informed, and written a strategy to embed this approach in all areas of our work.

We have continued our work on applying to new trusts and foundations and have been successful in securing new funding for 2022-23 as well as for 2023-24 onwards. We have continued to diversify our funding streams and have been successful in growing our reserves, building some resilience for the organisation with the tough climate ahead with increased energy and inflationary costs that charities will face.



Wednesdays
7 - 8.30pm
Online via Teams
Free to Join

a safe, supportive
inclusive space
for non-cisgender
people to meet
& connect with
peers

email
mentalhealth@elop.org
or call 07908 553744
for more information



elop provides support and direct services to up to 200 people a week, and whilst mainly providing these services online, we introduced more face to face support during the year. Despite not being able to find new premises we have been able to maintain our services and to gain continuation funding. We have been able to introduce new services during this year such as our Imago group for trans and non-binary people. We have continued to provide a range of consultation, training, representation and awareness-raising initiatives to advocate and provide an LGBT+ voice.

Counselling services

2022-2023 saw a slight easing on referrals and we took 380 referrals; this was in part due to us having a period of time when we closed to referrals and moved to a system of only accepting a referral when we are able to provide a service. We now operate a waiting list prior to accepting a referral, which we have been able to reduce down slightly from 180 to 150 people. If we had not moved to this system, we would have received the same number of referrals as the previous year. We have during the course of this year increased our return to face-to-face provision and are using a variety of premises to do this from in East London.

It has remained a challenging this year to sustain capacity in the counselling team, as it has taken time to find appropriate spaces to work from. Some counsellors were not able to continue to work online due to the changes in the BACP position on no longer allowing online client hours whilst training. Due to the increased demand on our services this year we have continued to only offer a 14-session service. We were awarded new funding for the counselling service towards the end of this year which will mean we will be able to appoint to a new position of counselling co-ordinator which will increase the capacity of the

EAST LONDON OUT PROJECT

YEAR ENDED 31 MARCH 2023

TRUSTEES' REPORT

team, and in addition we will be recruiting sessional youth counsellors and will be able to increase our capacity to work with under 18s.

We provided training for the counselling team, which included assessment training, trauma informed practice, relationship counselling and gender non-conforming experiences.

What those who have used our counselling services have had to say:

email from parent following their child's counselling ending: *Thank you so much for your help with R. I have noticed a significant improvement in their ability to cope with her/their social anxiety and the need to self-harm has been massively reduced. Thank you for all your amazing support.*

Jan - Feedback from client: I had clear signs of trauma affecting my daily life and behaviour for many years. At the point I found ELOP I was in a deep depression. I have definitely seen a huge improvement with how my brain processes issues, whilst once I would have automatically gone into a depressive episode or given up on myself my inner monologue is much more positive and willing to solve issues. Also my general mood is much happier. Furthermore my understanding of the complexity of body image have vastly improved, I am much more patient and understanding that I am an ever changing being and don't have to look a certain way all the time, I am much more comfortable looking at myself without judging the way I look

EAST LONDON OUT PROJECT

YEAR ENDED 31 MARCH 2023

TRUSTEES' REPORT

Heads Out Service

During this year we have increased our Heads Out Service to also establish Imago, a support group for those who are trans or non-binary. We have continued to run Reclaim and Recharge - Reclaim is a group for LBT women who have experienced domestic violence and sexual abuse, and Recharge focuses on providing group support for those with mental health concerns. We also ran Refocus, delivering mental health workshops for some of the year. Overall 121 group sessions were delivered and we have provided 181 hours of individual support through our mental health plans. We have supported 193 people within our Heads Out Services.

Feedback from client after mental health plan:

Thank you so much for all of your help over the past 6 weeks. It has been invaluable and I really appreciate all of the time you gave me. I will never forget it as you came like a life raft when I felt I was sinking & gave me the strength to build myself up again. Thank you so much



MHP Client: I'd like to feedback how valuable I found the sessions. I think it is a vital service which I really needed to help me feel more confident in managing my mental health issues. I found it very practical, and learnt a lot in a short space of time. I also found the sessions and the activities really engaging, which I needed in order to stay motivated to tackle some of these subjects. I have tried CBT before and haven't found it helpful for my issues, but these sessions were exactly what I needed. I felt like you created a very safe space in a short time. These sessions helped me at my worst moment, and have stopped my mental health from feeling too difficult to bare and given me a lot of energy to keep supporting myself. Thanks so much!

EAST LONDON OUT PROJECT

YEAR ENDED 31 MARCH 2023

TRUSTEES' REPORT

Befriending

10 befriending programmes were delivered over the year with 54 referrals to this service, although at times there was dropout from some of the programmes. During the sessions, there was good engagement with people enjoying the mix of focused activities and discussions. Over the year five volunteers have been successfully recruited to support the service. Evening programmes have been more successful than daytime programmes, and at the end of the year some targeted programmes for specific groups were planned to support the connections people make with others. This programme has been more difficult to deliver online and we know would benefit from being held in person.

elop has been very helpful for me and I have found the befriending service very helpful and has given me the courage to be more me and to connect with others.

Youth support services



We undertook a story telling project which produced 'Our Stories, Loud & Proud' film: The programme commissioned by London Borough of Waltham Forest led to the creation of a video resource put together by the young people with their words and creative artwork.

This year we have continued our youth and family work, including a weekly 12-15s group and a weekly 15-18s group. The numbers in our groups have grown and have worked online, suiting some young people well.

We have continued to provide more individual mentoring work with young people and due to the demand of this service have looked for future funding to enable us to expand this support, which is focused on specific needs and often practical in approach, such as activities to support coming out, social transitioning support and managing relationships with peers. Over the course of the year we supported 41 young people within our youth groups or mentoring and eight specifically for counselling only. A high proportion of young people we support identify as non-binary, gender fluid or trans.

We continue to support a proportionally high number of young people with a range of disabilities and mental health concerns, with common issues being generalised anxiety, social anxiety, depression, suicidal thoughts, self-harm, low self-esteem and gender dysphoria. We work with young people who are involved in social care, either on child protection plans or children in need, also those who are using CAMHS and early help services. Referrals have come from parents/foster carers, young people, Family therapist, Social Workers, School Counsellor, Family Support, CAMHS Neurodevelopmental Team,

EAST LONDON OUT PROJECT

YEAR ENDED 31 MARCH 2023

TRUSTEES' REPORT

Teachers, designated safeguarding leads in schools and Colleges, AKT (Albert Kennedy Trust) and GI (Gendered Intelligence).

We have continued to provide work in schools and have run Pride groups in both secondary schools and further education colleges as well as running a programme of activities within a Pupil Referral unit to widen acceptance of LGBT young people.

WellBeing group support programme



This year has continued to be challenging for our group support programme, with some groups finding remaining online difficult. We moved two groups back to in person in Tower Hamlets with our social support group having on average 10-12 people attending a week. Our over 50s group is also in person, with a smaller number of regular attendees. Other groups that we have run this year include an LBT+ women's group, LGBT Asylum group, Rainbow Families group, a twice-monthly group for young adults (18-25) and other in person support including our men's dance class and our

walking group. Our activities continue to reach new people. We were successful this year in attracting funding to run these groups for much of the year and have continued two groups which do not have any specified funding - the Asylum group, and 18-25s group. We continue to look for funding to enable us to continue this much needed support.

Overall, our group activities have supported 170 people over the course of the year, despite the difficulties of running many of these online. Our greatest challenge for these groups is to find some ongoing funding so that we can commit additional time and resource to these.

'The trip to the museum was so interesting and so much information about LGBT people. I really enjoyed having the conversation after with the other people and I felt so happy to see them and talk to them. I didn't feel lonely and it was so exciting to see everyone.'

'Before elop I never knew what to do and was mentally sick and couldn't do anything. Now I have friends and a job and I feel much happier with my life and much less stress.' Asylum Group Member

December: "It's really grateful for me to have this group in my life. You guys are awesome. Thanks for understanding me, listening me, and thanks for giving me attention." Asylum Group Member

Nice atmosphere, group is fun and I look forward to Tuesdays at 4pm." - LGBT+ Over 50s Group.

'Had a great session fun and loads of information. Thanks family ELOP' - Social Group member

EAST LONDON OUT PROJECT

YEAR ENDED 31 MARCH 2023

TRUSTEES' REPORT

Great facilitator with plenty time of resources available. Friendly and approachable. Very supportive by the participants at all times. Especial thanks to ELOP for all the support through the pandemic. It helps to keep my well being and mental health in place." - Social Support & Over 50s Group Member

Consultation and representational activities

elop continues to attend community and statutory forums to ensure an LGBT voice is represented and heard and, recognising the value in partnership working, has formed excellent working relationships with other organisations and networks. elop has also provided consultancy services and training to a wide range of personnel and organisations and continued its involvement in The National LGBT Partnership. As part of our work we were involved in a number of projects, including leading on the National Lesbian and Bisexual Women's Health week. As part of this work this year we were a panellist at the launch event, ran a social media takeover and ran a Red Badge of Courage workshop focused on periods.

elop has run the Tower Hamlets LGBT Community Forum, providing a monthly forum, and the five aims of the forum are Connector & Agent of Change, Nothing About Us, Without Us, LGBT Voices Are Heard, Improving Access To Services and Creating Safe Spaces. The forum has actively been involved in raising community concerns in relation to hate crime and has been working with the Tower Hamlets Together Board, raising knowledge of the health inequalities experienced by the LGBT+ community.

elop continues to be involved in a partnership bid in Tower Hamlets bringing together user-led equality organisations to foster intersectional work, and is now the representative from the Tower Hamlets Mental Health Alliance at the Tower Hamlets Partnership Board

Other activities and events



elop has again this year provided a range of LGBT events in Tower Hamlets and beyond. These events have been well received and have included the annual pride picnic and bandstand event, IDAHOBIT event, annual peace walk, LGBT history fayre and an event focused on bisexual mental health. We were able to attract over 2000 people to the events held. In addition, elop walked in London Pride, attended Waltham Forest Pride, ran two events for World

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Mental Health Day (one for Professionals and one for community members) and an event for Black History Month.



"I loved the Barberfellas - they were so talented and the song about bears was so funny!"

"The event was great. The performances were brilliant and I loved meeting people in person!" (ReCharge Member)

"When I came to the UK I wasn't expecting to feel uncomfortable but I experienced insults and stares and hate crime which made me very depressed and suicidal. elop has been a big part of me feeling better and more positive to be

in such a supportive space. It was such a fantastic event and loved the quiz - I won a prize! These kinds of events and services are so important." (Asylum group & LGBT+ Forum member about elop & 10th October Event)



Training and Education

During this year we have continued to run our foundation course in LGBT+ affirmative counselling. We ran two courses with 23 people attending and 21 people successfully completing and passing. We have continued to work towards establishing the Advanced Diploma in affirmative counselling and are looking to start this in October 2024. We have

EAST LONDON OUT PROJECT

YEAR ENDED 31 MARCH 2023

TRUSTEES' REPORT

increased the amount of training we have delivered which has meant that our earned income through our training has increased by £12,000 this year.

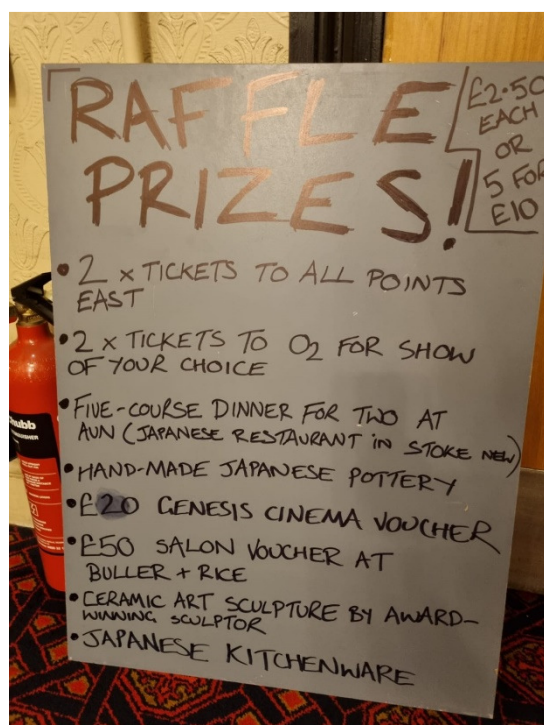
August - Thank you once again for yet another excellent session (Nelft LGBT+ allies)

November - I thought our trainer was excellent. He was very funny, confident and put us at ease. He addressed tricky questions and made me feel included. (Buttle UK)

December, FC evaluation: A transformative environment for learning and reflection was created between the group members and tutors. This nurtured a group dynamic that allowed vulnerability, personal experience and deep learning. I was constantly surprised by how much personal experience combined with learning has already impacted positively on my own personal life, relationships, and career perspectives. This course is transformational – thank you so much!

January, city and Hackney IAPT: Thank you for a wonderful training and hope to see you back at Talk Changes again.

I added my pronouns to my signature after this training, and am going to be mindful of using gender-neutral language with clients and being more conscious of the struggles someone who doesn't identify as male/female or heteronormative terms can have experienced



Fundraising

Much of elop's efforts for fundraising this year have focused on applications to trusts and foundations to support our diversifying of funding streams, and we have achieved good successes with this. In addition, we have increased our fundraising efforts through putting on some new events such as drag bingo, our established Exercise4elop campaign and participated in the Red Run for the first time. In addition, we have been supported by Walthamstow Trades Hall and Trapped Events, who have supported elop through their fundraising events held, and the Depressed Baker has continued to support elop through their comedy nights. We have raised £13,000 through fundraising (which was an increase of £4,000) and £19,700 through donations. We raised less money through

donations than the previous year as we had been supported through Google's employer giving, which was stopped this year. We have spent this year growing our fundraising team so that we can increase our capacity to run fundraising events in the future. During this year elop again successfully increased its earned income and were able to increase the amount

EAST LONDON OUT PROJECT

YEAR ENDED 31 MARCH 2023

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raised through providing training and consultation to others. We will look to build on our learning from online fundraising and will continue this in the forthcoming year alongside running in-person fundraising events.

Corporate & Other Partners

During the year we formed a partnership with Compare the Market and have continued links with the Google LGBT network.

New funding

elop has continued to be successful in attracting new funding during the course of the year, and funding for the future. During this year we have attracted new funding from Arnold Clark, DWF Foundation and the Ford Trust, as well as further funding from London Boroughs of Hackney and Tower Hamlets. We are especially pleased to announce three-year funding was granted from the National Lottery Community Fund.

We want to thank all our funders who have supported our work during this year and going forwards.

Individual donors

We would like to thank all the individuals who have made one-off or regular donations to the charity over the course of the year. We have again been successful this year in raising additional money through individual donations. We would like to thank the Depressed Baker, who had raised money for elop through putting on comedy events in his back garden and other venues for elop, and has raised over £1,500.

Organisational change

During this year we have had limited changes to the staff team, but we were not able to maintain the mental health team with two full-time workers, as expected funding did not materialise. Over the course of the year three people left the organisation and three people joined. All staff during this year undertook safeguarding training and trauma-informed practice, having introduced new mandatory training for all staff. We have moved forward with the organisation becoming trauma-informed and this is now being embedded in all areas within the organisation. The Director of Wellbeing Services has become the Designated lead for Safeguarding supported by a safeguarding lead on the board, who meet quarterly to ensure that we continually work to strengthen safeguarding within the organisation. The staff and Board have worked to implement the trauma-informed strategy, with all staff taking part in training and the Board agreeing a trauma-informed policy statement.

The demand for support has continued to be unrelenting, and the ability to provide much needed mental health support during this time would not have been possible without the dedication of our staff team. The Trustees would like to take this opportunity to thank the

EAST LONDON OUT PROJECT

YEAR ENDED 31 MARCH 2023

TRUSTEES' REPORT

whole staff team for their enormous and continued commitment and ongoing support. We would like to recognise the leadership of the CEO, who has been able to support and steer the organisation to be in a good position for the years ahead.

Contribution by volunteers

Many of elop's activities are carried out and supported by the skills, dedication and commitment of our volunteer teams. elop had more than 110 volunteers involved during the year and generally maintained a core team of around 70-75 volunteers at any one time. We have been successful this year in recruiting new counsellors, group facilitators, befriending and fundraising volunteers.

During this year we also had five socialwork students undertaking 70-day placements at elop. Our volunteer counsellor team continues to be our largest single volunteer team, and whilst numbers fluctuate during the year we have worked hard to maintain the team between 36-40 counsellors at any one time. Our group facilitators continue to do a great job of supporting our groups and have supported online delivery, in person-support and outdoor sessions.

elop recognises that we need to continue to recruit and retain volunteers to help us deliver the wide range of services we have. elop's Board would like to sincerely thank all volunteers for their continued hard work, loyalty and achievements; without their support elop could not successfully provide the range of activities on offer nor support as many individuals as we do.

"Thank you so much for today's induction. I found the induction very exciting and brought everyone together, which made me feel like I belong to a warm community"

Feedback from a counsellor leaving elop: "I just wanted to email to say a huge thank you for your support and encouragement over the last two and a bit years. I've learned so much in my time here, and feel like the service is really well run. I've heard some horror stories from peers in placements elsewhere and been very glad I was here! I also think elop provides an invaluable service to the queer community - particularly with the groups and other sessions that clients can access alongside their counselling - and I'm proud to have been a part of that."

"This has been an amazingly supportive environment, it is now time for me to start seeing private clients. I really have loved working at ELOP and I'm looking forward to a time when I'll be able to afford doing some work with you guys again"

EAST LONDON OUT PROJECT

YEAR ENDED 31 MARCH 2023

TRUSTEES' REPORT

Financial review and reserves policy

Our reserves policy is that we should be working towards holding 3-6 months of reserves to demonstrate our sustainability and be able to cover the equivalent of 3-6 months of core funding at any one time. We have achieved this but are aware that we face particularly significant expenditure next year in relation to moving premises, and have been preparing for this in order to not impact on our ability to cover core expenditure. We will remain vigilant about our expenditure to ensure stability and sustainability for the future.

The charity made a surplus of £73,653 (2022 - £104,882) and has unrestricted reserves totalling £511,489 (2022 - £437,836) of which £220,000 (2022 - £180,000) has been designated towards the relocation and expansion of the Charity's premises.

The future

During 2023/24 we will look to find suitable premises in East London and return to running our services from a community centre whilst retaining some online support for those that need it. Having moved to the cloud, we will enhance the organisation's ability to work more smartly, and will enable all volunteers to have online access to their relevant documentation. We will be looking to ensure more of our administration is cloud-based for easier access for all. We will establish an Operations Manager role to strengthen the administration functions of the organisation and to support the work of the CEO. We will look at enhancing our therapeutic offer to include more support for young people as well as enhance our mentoring work. We will work on expanding our training provision so that we will be able to enlarge our training team. We will look to expand the roles volunteers can take in the organisation and increase our volunteer teams so we have two volunteers supporting each group, and a larger fundraising and events team. Our plans beyond this will be laid out in our business plan but will include consolidating our position as a leading LGBT+ mental health service and expansion of our schools and family work.

EAST LONDON OUT PROJECT

YEAR ENDED 31 MARCH 2023

TRUSTEES' REPORT

Statement of Trustee's Responsibility in relation to Financial Statements

The charity's Trustees (Directors) are responsible for preparing the Trustees' Annual Report and Financial Statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the Trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources, including the income and expenditure of the charitable company for that period. In preparing these financial statements, the Trustees are required to:

- Select suitable accounting policies and then apply them consistently;
- Observe the methods and principles in the Charities SORP;
- Make judgements and estimates that are reasonable and prudent;
- State whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements; and
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.

The Trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy, at any time, the financial position of the charity and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities as well as exercising proper financial controls.

By order of the trustees



Sarah Humphreys (Chair)

Date

25-01-2024

INDEPENDENT EXAMINERS REPORT TO THE MEMBERS OF EAST LONDON OUT PROJECT YEAR ENDED 31ST MARCH 2023

Independent Examiner's Report

I report to the charity trustees on my examination of the accounts of the charity for the year ended 31st March 2023.

Responsibilities and basis of report

As the charity trustees of the company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your company's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

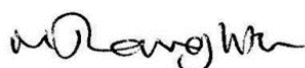
Independent examiner's statement

Since the company's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of Institute of Chartered Accountants of Scotland which is one of the listed bodies.

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

- accounting records were not kept in respect of the company as required by section 386 of the 2006 Act; or
- the accounts do not accord with those records; or
- the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a 'true and fair view' which is not a matter considered as part of an independent examination; or
- the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached



M J Laughton CA
MUNRO BROWN LTD
Chartered Accountants

Scots House, Scots Lane, Salisbury SP1 3TR

Date: 29-01-2024

EAST LONDON OUT PROJECT

STATEMENT OF FINANCIAL ACTIVITIES

(including summary income and expenditure account)

YEAR ENDED 31ST MARCH 2023

	Notes	UNRESTRICTED FUNDS 2023	RESTRICTED FUNDS 2023	TOTAL FUNDS 2023	TOTAL FUNDS 2022
		£	£	£	£
INCOME					
Donations and Gifts	5	94,408	-	94,408	125,130
Charitable Activities	6	94,525	234,905	329,430	332,859
Other trading activities	5	48,091	-	48,091	29,831
TOTAL INCOMING RESOURCES	9	237,024	234,905	471,929	487,820
EXPENDITURE ON					
Charitable Activities	7	163,371	234,905	398,276	382,938
TOTAL EXPENDITURE	9	163,371	234,905	398,276	382,938
NET INCOMING RESOURCES FOR YEAR BEFORE TRANSFERS		73,653	-	73,653	104,882
TRANSFERS BETWEEN FUNDS	9	-	-	-	-
NET MOVEMENT IN FUNDS		73,653	-	73,653	104,882
FUNDS BROUGHT FORWARD AT 1ST APRIL		437,836	-	437,836	332,954
FUNDS CARRIED FORWARD AT 31ST MARCH		511,489	-	511,489	437,836

The Statement of Financial Activities includes all gains and losses in the year.
All incoming resources and resources expended derive from continuing activities.

EAST LONDON OUT PROJECT
BALANCE SHEET
AT 31ST MARCH 2023

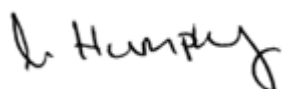
	Notes	2023		2022	
		£	£	£	£
FIXED ASSETS	10		-		-
CURRENT ASSETS					
Debtors & prepayments	11	21,775		23,513	
Cash at bank and in hand		601,562		533,265	
		<u>623,337</u>		<u>556,778</u>	
CREDITORS, AMOUNTS FALLING DUE WITHIN ONE YEAR	12	111,848		118,942	
NET CURRENT ASSETS			511,489		437,836
TOTAL NET ASSETS		£	<u>511,489</u>	£	<u>437,836</u>
FUNDS					
Unrestricted Funds					
General Funds	9		291,489		257,836
Designated Funds	9		220,000		180,000
Restricted Funds	9		-		-
TOTAL FUNDS		£	<u>511,489</u>	£	<u>437,836</u>

The directors are satisfied that the company was entitled to exemption from audit under section 477 of the Companies Act 2006 and that members have not required an audit in accordance with section 476.

The directors acknowledge their responsibilities for:

- i) ensuring that the company keeps accounting records which comply with section 386; and
- ii) preparing accounts which give a true and fair view of the state of affairs of the charitable company as at the end of the financial year and of its profit or loss for the financial year in accordance with the requirements of section 396 and which otherwise comply with the requirements of this Act relating to accounts, so far as applicable to the charitable company.

Approved by the Trustee Directors and signed on their behalf on 25-01-2024 :



S Humphreys

Company Number : 03355423

EAST LONDON OUT PROJECT

NOTES TO THE ACCOUNTS

YEAR ENDED 31ST MARCH 2023

1) ACCOUNTING POLICIES

The principal accounting policies adopted in the preparation of the financial statements are set out below, and have been consistently applied within the accounts.

- a) The financial statements have been prepared in accordance with the Financial Reporting Standard 102 (FRS 102), the Statement of Recommended Practice (SORP), "Accounting and Reporting by Charities" published in 2015 and applicable charity and company law. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note.

The charity adopted SORP (FRS 102) in the current year and there were no transition adjustments

- b) The charity is a company limited by guarantee. The members of the company are the trustees named on page 1. In the event of the charity being wound up, the liability in respect of the guarantee is limited to £1 per member of the charity.
- c) Incoming resources are recognised on an accruals basis, except that donations and legacies are recognised only upon receipt unless the donor advises otherwise. Grants are treated as income for the period to which the grantor assigns the grant and the stipulated period of service provision and deferred as necessary. Service contracts or grants where the grantor stipulates performance targets and does not specify that a surplus is retrievable, are regarded as unrestricted once the targets are achieved. The value of services provided by volunteers is not incorporated into these financial statements. Donated assets are valued at fair market value. During the year no assets were donated.
- d) Resources Expended/ Expenditure
Charitable activities relate to the costs incurred in providing the company's charitable services. These include expenses to provide training to counsellors and education for relevant groups as well as the majority of staff costs. They include all materials and literature provided to run the projects and support costs like telephone, postage and stationery. Costs are shown inclusive on non-recoverable VAT.
- e) Fixed assets are capitalised at cost and depreciation is provided to write off the cost of the assets over their expected useful economic lives. Office equipment (General Fund) is written off at a rate of 33.3% per annum on a reducing balance basis. Leasehold improvements (General Fund) are written off at a rate of 20% per annum on a straight line basis. The length of the original lease was 5 years and these costs have now been fully amortised. The cost of subsequent refurbishments has been written off as incurred. Office equipment (restricted funds) is written off over the length of the funding. The estimated residual value of the fixed assets is nil.
- f) Stocks of safe sex literature relating to the Charity's services & general information are written off as incurred.
- g) The value of services provided by volunteers is not included within these financial statements.
- h) The Charity operates a defined contributions pension scheme
- i) The accounts have been prepared on a going concern basis.
- j) Unrestricted funds are available for the use in the furtherance of the charity's objectives. Restricted funds are subject to restrictions imposed by the donors as set out in the notes to the accounts.
- k) Debtors
Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid after taking account of any trade discounts due.
- l) Creditors
Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

EAST LONDON OUT PROJECT

NOTES TO THE ACCOUNTS

YEAR ENDED 31ST MARCH 2023

2) FUNDS & FUNDING

General Fund

The General Fund includes all grant income from Local Authorities or other statutory bodies who support the main objectives and services provided by the East London Out Project in their areas..

The General Fund also accounts for unrestricted charitable trusts and foundation funding, donations, fundraising and investment income.

The London Borough of Tower Hamlets provided funding for the provision & delivery of an LGBT community forum for engaging local LGBT communities, representation & consultation, the provision, and delivery of LGBT community events, plus the delivery of LGBT mental health crisis prevention plans, support groups and awareness training to local providers.

DH (National LGB&T Partnership) an England-wide consortia of LGBT voluntary & community organisations who are committed to reducing health inequalities & challenging homophobia, biphobia & transphobia in public services. elop is one of the partners. The Partnership is currently funded by the Department of Health to support & enable the partnerships strategic engagement & consultation with Government & statutory bodies.

Postcode Society Trust provided 12 months funding contributing towards costs for running the counselling service.

Equalities Partnership in Tower Hamlets (Cornerstone) provided funding to ensure LGBT representation in partnership project.

London Community Foundation: GVC provided a 12-month grant for GBT men's health work.

LB Waltham Forest (Early Help Project): a one-off grant to support LGBTQ+ youth story-telling project.

Arnold Clark: a one-off small grant to contribute to support work with LGBT people seeking asylum.

DWF Foundation: a one-off small grant to set-up and pilot new Trans & Non-binary support group.

QMUL: a one-off small grant to support participation in Festival of Communities event.

Ford Trust: a one-off small grant to contribute to LGBTQ+ youth activities.

BBC Children in Need - part of a 3-year grant to deliver a dedicated LGBT children's and young people's project including weekly youth support groups, one-to-one support, and counselling.

City Bridge Trust Continuation Funding – final part of a 2-year grant contributing funding to the organisations counselling service costs.

The National Lottery Community Fund (Partnership Grant) – part of a 3-year grant in partnership with London Friend & LGBT Hero funding mental health and befriending support.

London Community Foundation: MOPAC VAWG Grassroots Fund – part of 2-year grant for dedicated support services for LBT+ survivors of domestic abuse & sexual violence.

Tudor Trust - part of a 3-year grant for Director of Wellbeing Services post.

LB Waltham Forest (Vulnerable Resident Fund) – one-off grant to contribute to provision of mental health support for LGBT residents.

LB Waltham Forest (Health Inequalities Impact Fund) – one year grant to provide LGBT health project for LGBT residents.

LB Hackney – one-off grant to provide mental health support for LGBT residents.

The National Lottery Community Fund – part of a 3-year grant to support LGBT counselling.

EAST LONDON OUT PROJECT

NOTES TO THE ACCOUNTS

YEAR ENDED 31ST MARCH 2023

3) OPERATING SURPLUS/(DEFICIT)

	2023 £	2022 £
The net operating surplus/(deficit) of income over expenditure is stated after charging:		
Staff costs (note 4)	319,224	293,516
Depreciation of equipment & loss on disposal	-	-

4) STAFF COSTS

	2023 £	2022 £
Staff costs for the year were as follows:		
Salaries	284,142	264,738
Social security costs	23,950	20,475
Pensions Costs	11,132	8,303
	319,224	293,516

The average number of persons employed by the charitable company in the year was 10 persons. (2022 - 11). No members of staff was paid more than £60,000.

The key management personnel of the charity comprises the trustees and the Chief Executive, to whom responsibility for the day-to-day activities of the charity is delegated. The total employee benefits received by key management personnel during the year (excluding employer pension costs) were £59,385 (2022: £55,980).

EAST LONDON OUT PROJECT

NOTES TO THE ACCOUNTS

YEAR ENDED 31ST MARCH 2023

5) INCOMING RESOURCES FROM GENERATED FUNDS

UNRESTRICTED FUNDS

GENERAL FUND

	TOTAL 2023		TOTAL 2022	
	£	£	£	£
Donations and Gifts				
Donations from individuals	19,703		30,305	
COVID - JRS	-		-	
User Contributions	74,705		94,825	
		94,408		125,130
Other trading activities				
Fund-raising activities	13,601		9,361	
Training & Placement fees	32,356		20,382	
		45,957		29,743
		140,365		154,873
Investment Income				
Interest receivable		2,134		88
TOTAL RESOURCES FROM GENERATED FUNDS		142,499		154,961

EAST LONDON OUT PROJECT

NOTES TO THE ACCOUNTS

YEAR ENDED 31ST MARCH 2023

6) ANALYSIS OF GRANTS

	GRANTS Rec'd in year	Opening Debtors	Closing Debtors & Creditors	Deferred Income movement	TOTAL 2023	2022
	£	£	£	£	£	£
UNRESTRICTED FUNDS						
GENERAL FUND						
London Borough Tower Hamlets	25,000	(8,333)	8,333	-	25,000	27,000
London Borough Waltham Forest	-	-	-	-	-	2,825
Postcode Society Trust	-	-	-	12,977	12,977	4,326
Tudor Trust - other	-	-	-	-	-	2,000
Kickstart Scheme	-	-	-	-	-	7,565
Arnold Clark Auto	1,000	-	-	-	1,000	-
DWF Charitable Foundation	1,500	-	-	-	1,500	-
Queen Marys University	200	-	-	-	200	-
FORD Trust	2,260	-	-	-	2,260	-
LB Waltham Forest (Early Help Project)	5,000	-	-	-	5,000	-
Alpkit Foundation	-	-	-	-	-	300
Students' Union UCL Volunteering Service	-	-	-	-	-	250
Equalities Partnership in Tower Hamlets (Cornerstone)	8,542	-	-	-	8,542	3,000
East London Community Foundation (LBTH Cohesion Events Fund)	-	-	-	-	-	500
Groundwork UK: Tesco Bags of Help	-	-	-	-	-	500
London Community Foundation: GVC	-	-	-	8,250	8,250	1,750
LB Tower Hamlets - LCF	27,618	-	-	-	27,618	27,617
London Community Foundation: Wave 5	-	-	-	-	-	9,863
DH (National LGBT Partnership)	2,688	-	-	(510)	2,178	2,843
TOTAL GENERAL FUND	73,808	(8,333)	8,333	20,717	94,525	90,339
RESTRICTED FUNDS						
BBC Children in Need	32,295	-	-	(500)	31,795	29,498
The National Lottery Community Fund (Partnership Grant)	54,464	-	-	-	54,464	13,616
The National Lottery Community Fund	81,125	-	-	(55,993)	25,132	-
LB Waltham Forest (Health Inequalities Impact Fund)	6,790	-	-	(2,600)	4,190	-
London Community Foundation: GVC	15,000	-	-	(15,000)	-	-
LB Waltham Forest (Vulnerable Resident Fund)	-	-	-	9,762	9,762	-
LB Hackney (LBH)	19,880	-	-	-	19,880	-
Tides Foundation Google Community Fund	-	-	-	-	-	22,599
London Community Foundation: MOPAC VAWG Grassroots Fund	37,307	-	-	-	37,307	38,705
London Community Foundation: MOPAC Victims Fund Round 6	-	-	-	-	-	28,769
Lloyds Bank Foundation for England & Wales	-	-	-	-	-	5,500
Tudor Trust	-	-	-	40,000	40,000	32,001
City Bridge Trust(2 year continuation)	-	-	-	12,375	12,375	49,500
Mind - Coronavirus Mental Health Response Fund	-	-	-	-	-	15,244
Groundwork UK - Thrive London	-	-	-	-	-	1,000
LGBT+ Futures National Emergencies Trust Fund	-	-	-	-	-	6,088
TOTAL RESTRICTED FUNDS	246,861	-	-	(11,956)	234,905	242,520
TOTAL UNRESTRICTED & RESTRICTED	320,669	(8,333)	8,333	8,761	329,430	332,859

EAST LONDON OUT PROJECT

NOTES TO THE ACCOUNTS

YEAR ENDED 31ST MARCH 2023

7) TOTAL RESOURCES EXPENDED

SERVICE AREA				TOTAL	
	Core Service: £	Governance £	Support £	2023 £	2022 £
Core Service activities	378,430	10,873	8,973	398,276	382,938
TOTAL RESOURCES EXPENDED	378,430	10,873	8,973	398,276	382,938

Where not directly attributable, costs are allocated on a basis of estimated time associated with specific activities.

8) GOVERNANCE & SUPPORT COSTS

	2023	2023
	£	£
	Governance	Support
Staff salaries	6,649	6,649
Apportioned office running costs and resources	2,324	2,324
Accountancy	1,900	-
	10,873	8,973

9) MOVEMENT ON FUNDS IN YEAR

	Note	Opening Balance at 1/4/2022 £	Incoming Resources (notes 5 & 6) £	Outgoing Resources (note 7) £	Transfers between funds £	Closing Balance at 31/3/2023 £
UNRESTRICTED FUNDS	2					
General Fund		257,836	237,024	163,371	(40,000)	291,489
Designated Funds:						
Property Reserve		180,000	-	-	40,000	220,000
		437,836	237,024	163,371	-	511,489
RESTRICTED FUNDS	2					
BBC Children in Need		-	31,795	31,795	-	-
The National Lottery Community Fund (Partnership Grant)		-	54,464	54,464	-	-
The National Lottery Community Fund		-	25,132	25,132	-	-
LB Waltham Forest (Health Inequalities Impact Fund)		-	4,190	4,190	-	-
LB Waltham Forest (Vulnerable Resident Fund)		-	9,762	9,762	-	-
LB Hackney (LBH)		-	19,880	19,880	-	-
London Community Foundation: MOPAC VAWG Grassroots Fun		-	37,307	37,307	-	-
Tudor Trust		-	40,000	40,000	-	-
City Bridge Trust(2 year continuation)		-	12,375	12,375	-	-
TOTAL RESTRICTED FUNDS		-	234,905	234,905	-	-
TOTAL UNRESTRICTED & RESTRICTED		437,836	471,929	398,276	-	511,489

The Trustees have designated £40,000 in the year towards the relocation and expansion of the charity's premises

EAST LONDON OUT PROJECT

FIXED ASSETS

YEAR ENDED 31ST MARCH 2023

10) FIXED ASSETS

	Leasehold	Office Equipment	
	General Fund	General Fund	TOTAL
<i>Cost</i>	£	£	£
Brought forward	7,116	30,037	37,153
Additions	-	-	-
Disposals	-	-	-
AT 31ST MARCH 2023	<u>7,116</u>	<u>30,037</u>	<u>37,153</u>
 <i>Depreciation</i>			
Brought forward	7,116	30,037	37,153
Charge for year	-	-	-
On disposals	-	-	-
Transfers between funds	-	-	-
AT 31ST MARCH 2023	<u>7,116</u>	<u>30,037</u>	<u>37,153</u>
 <i>Net Book Value</i>			
AT 31ST MARCH 2023	<u>-</u>	<u>-</u>	<u>-</u>
AT 31ST MARCH 2022	<u>-</u>	<u>-</u>	<u>-</u>

11) DEBTORS, amounts falling due within one year

	2023	2022
	£	£
Grants receivable	8,333	-
Other debtors & prepayments	13,442	23,513
	<u>21,775</u>	<u>23,513</u>

12) CREDITORS, amounts falling due within one year

	2023	2022
	£	£
Other taxation & social security	9,504	6,997
Deferred income	88,219	96,980
Other creditors & accruals	14,125	14,965
	<u>111,848</u>	<u>118,942</u>

EAST LONDON OUT PROJECT

NOTES TO THE ACCOUNTS

YEAR ENDED 31ST MARCH 2023

13) ANALYSIS OF NET ASSETS BETWEEN FUNDS

	Restricted £	Unrestricted £	Total £
Tangible Fixed Assets	-	-	-
Current Assets	87,709	535,628	623,337
Current Liabilities	(87,709)	(24,139)	(111,848)
	-	511,489	511,489

14) TRUSTEES' REMUNERATION & EXPENSES

In the year there were no payments to Trustees, . (2022- nil.)

15) TAXATION

The charity is exempt from tax on its charitable activities.

16) STATUS, CONNECTED CHARITIES & RELATED PARTY TRANSACTIONS

The company is incorporated by charitable means and is limited by guarantee without share capital. The company is not part of any group.

No payments were made to any related party.

17) COMMITMENTS

The lease on the ELOP centre premises has expired. The charity is currently renting the same property on an annual basis.

EAST LONDON OUT PROJECT

England & Wales - Charity number 1067474

Accounts

EAST LONDON OUT PROJECT
ANNUAL REPORT & ACCOUNTS
YEAR ENDED 31ST MARCH 2022

EAST LONDON OUT PROJECT

YEAR ENDED 31 MARCH 2022

TRUSTEES' REPORT

Chair's Report

This annual report provides information of what we have been doing this year and our future plans as we move forward. I, on behalf of the Board, would like to thank all those who have supported the work of the organisation as staff, volunteers and supporters; we could not achieve what we do without you. This year we have still been impacted by the effects of the Covid-19 pandemic and had differing levels of restrictions in place over the course of the year. We had to make the difficult decision to remain online-only due to the poor ventilation in our current premise and the need to keep service disruption to a minimum. Continuing online has not always been easy: we are aware that for some users, volunteers and staff returning to face-to-face provision while maintaining some online support would have been beneficial. This has meant that as part of our Covid Recovery journey we have reviewed our premise needs, following on from a Covid risk assessment of our premises undertaken last year. We have reviewed the viability of returning to our current premises and concluded that moving to new premises will provide greater sustainability in the long term with improved lease conditions that would be advantageous for the organisation. This has led us to establish a property reserve fund, which will allow us to resource our relocation in the next financial year.

We have seen the impact of Covid-19 on the mental health of our community, and the demand for our services has never been greater. We thank our staff, volunteers, funders and other supporters who have enabled us to continue to provide these vital services. We have seen continued and increased demand for our services, and the daily stories of those using our services continues to give testament to the fact that our work is not yet done. The political climate for our community has been a tough one over the past year which has had an emotional impact on many. As a result, elop has become more involved in campaigning, including joining other organisations in our demand for a complete ban on Conversion Therapy. As a mental health organisation we are only too aware of the devastating impact of allowing any conversion practices to continue.

During this year our staff team increased in number slightly: we were able to participate in the Queer KickStart scheme and had an administrative assistant for 6 months, and welcomed back our Head of Business Development, Operations and Comms post for 4 months. We were forced to postpone our birthday celebrations again, and our fundraising events were impacted by remaining online. We continued to focus most of our efforts on charitable trusts and foundation applications whilst undertaking three online fundraising activities during the year. As these accounts show, we have been successful in securing new funding and in achieving higher rates of individual donations. We received approval from the Charity Commission on our amended articles and our constitution now reflects that we are a trans-inclusive organisation – as our service delivery has been.

We have continued to work over the last year to ensure that the organisation is able to meet the demand for our services, and to consolidate our sustainability.

Sarah Humphreys - Chair of Board of Trustees.

EAST LONDON OUT PROJECT

YEAR ENDED 31 MARCH 2022

TRUSTEES' REPORT

Report of the Trustees for the Year Ended March 2022

The directors are pleased to present their Annual Report with the financial statements of East London Out Project (elop) for the year ending 31 March 2022. The statements appear in the format required by the Statement of Recommended Practice for Accounting and Reporting by Charities (revised March 2005). The report and statements also comply with the Companies Act 2006 as elop was incorporated by guarantee on 14 April 1997. It has no share capital and is a registered charity. The guarantee of each member is limited to £1. The governing document is the Memorandum and Articles of Association of the company and members of the Board of Trustees are the Directors of the Company.

Reference and administrative details

Charity Number:	1067474
Company Number:	03355423
Address:	56-60 Grove Road, Walthamstow, London E17 9BN
Accountants:	William Price & Co Audit Ltd Suite 9 Westbury Court, Church Rd, Bristol BS9 3EF
Bankers:	Co-operative Bank PO Box 101, 1 Balloon Street, Manchester M60 4EP
Solicitor:	Russell-Cooke Solicitors 2 Putney Hill, London SW15 6AB

Members of the Board of Trustees who are Directors for the purpose of company law and Trustees for the purposes of charity law, who served during the year and up to the date of this report are:

Sarah Humphreys: (Chair)
David Pearson: (Treasurer)
Victoria Fox (Vice Chair)
Susan Baines
Lewis Allett – (Fundraising Committee Lead)
Suzanne Timmons (resigned 24th January 2022)
Lee Mavue Patrontasch (resigned 24th October 2022)
Matthew Davies – (appointed 24th October 2022)

Company Secretary and Chief Executive: Teresa Sharpe

EAST LONDON OUT PROJECT

YEAR ENDED 31 MARCH 2022

TRUSTEES' REPORT

Structure, Governance and Management

The directors of the charitable company (the charity) are its trustees for the purposes of charity law and throughout this report are collectively referred to as the trustees.

The Board of elop also constitutes the membership of the charity. The Board has a number of mechanisms in place to consult with key stakeholders - including staff, volunteers and service users - to inform its work and decision-making. As set out in elop's Articles of Association, trustees are elected annually at the Annual General Meeting. The trustees have the power to co-opt further members. When considering trustees for election or co-option, the Board has a process for recruiting and selecting Board members with the appropriate skills necessary to govern and strategically lead. Board recruitment is reviewed annually and additionally where needed. Trustees are recruited through open recruitment and appointed based upon their skills and experience, according to the prevailing needs and aspirations of the Board and organisation. Trustees are appointed for a minimum two year period, with no limit on the number of times a trustee can stand for re-election if this is in the organisation's best interest. Towards the end of the year one trustee resigned leaving us with 6 trustees at the end of the financial year. We are actively recruiting for the last two spaces on the board and have revised our application pack. We are recruiting for trustees with experience in donor, corporate and or events fundraising and in strategic planning. We are keen to diversify our board and have looked for new ways of advertising our existing trustee vacancies.

All new trustees take part in the organisation's induction training, and are provided with further support and training to brief them on their legal obligations under charity and company law. All Trustees are provided with the company's Memorandum and Articles of Association and information about the Board, the organisation's decision-making structures and prevailing issues facing the organisation. All trustees are offered the opportunity to undertake external training in relation to their role. A Board Management Charter, signed by all trustees upon co-option and election, sets out how the Board will work together and the commitment expected. This Charter is reviewed on an annual basis. Peer buddying is available for Trustees who require this. Full Board meetings are held at a minimum of four times a year, along with two strategic planning days, in addition to other strategic meetings, subcommittees or task and finishing groups as required. This year we have had groups focused on fundraising, and a Business Management group.

elop's Board holds overall responsibility for the organisation's strategic direction and policy development. Responsibility for strategic implementation and the operational running of the organisation is delegated to the Chief Executive Officer, who reports directly to the Board via Board meetings. The Board's work programme for the year is overseen by the Chair and reviewed at Board meetings and the work is carried out by individual Board members. The Board holds responsibility for reviewing key areas of financial activity and policy and holds overall responsibility for the organisation's financial position and procedures.

EAST LONDON OUT PROJECT

YEAR ENDED 31 MARCH 2022

TRUSTEES' REPORT

Public Benefit

The trustees, in exercising their powers and duties, have complied with their duty under Section 4 of the Charities Act 2006 to have due regard to the public benefit guidance published by the Charity Commission. In preparing the report and accounts the trustees have complied with the requirements set out in relation to the requirement to report on public benefit and have reported on the significant activities and achievements of the charity in 2021/22. They have reported in a way that both sets out the aims and strategies of the charity and demonstrates how the aims and activities of the charity were carried out for the public benefit.

Risk Management

The Trustees have assessed the major risks to which the charity is exposed, in particular those related to the operations and finances of the charity, and are satisfied that systems are in place to mitigate the charity's exposure to the major risks.

Risk assessment remains a standing item on each Board meeting agenda, to ensure that risks are identified and discussed at Board level. Risks are identified through a number of routes including output from Management Board, via staff Senior Management Team meetings and the annual planning cycle. Risks are recorded in the minutes of each meeting along with the steps required to mitigate each risk.

The Board and staff members continue to work hard to respond to the financial risks the organisation faces in the current climate of intermittent Covid-19 restrictions as well as more general economic challenges and the impact this is expected to have on the charity sector. We have shown over the past two years that we have been able to fundraise online effectively, and going forward we will adopt a hybrid approach with some online campaigns in addition to face-to-face events

The Board are pleased that they have been able to increase the organisation's reserves again, and that we have continued to achieve the goal of meeting the organisation's reserve policy of 3-6 months of core funding at any one time. We recognise that as income and expenditure increases there continues to be a need to increase the reserves held by the organisation. In light of our decision to move premises we have increased our property reserve to be able to meet the relocation and refurbishment costs this will entail without this impacting on our ordinary reserve policy.

Related parties

elop continues to work collaboratively with several other agencies and service providers to advance awareness of the needs and issues of our service user groups, and share best practice. This includes running occasional joint activities and working as part of wider alliances, such as the National LGBT Partnership, and this year we have successfully received funding for three years to continue our partnership work with London Friend and LGBT Hero. We are also involved in a local equalities partnership in Tower Hamlets.

EAST LONDON OUT PROJECT

YEAR ENDED 31 MARCH 2022

TRUSTEES' REPORT

Objectives and activities

The principal objectives for which the company is formed are, by charitable means, to

-preserve and promote mental health and well-being of members of LGBT communities, in particular by:

-the provision of counselling, support, information and advice services; and

-raising awareness of mental health and well-being issues affecting members of LGBT communities.

Review of activities and impact

elop provides support and direct services to up to 200 people a week. While we mainly provided these services online during the year, we also provided face-to-face support for our groups where possible. Despite the challenges of the year we have been able to grow our services, and to secure continued funding for services such as our befriending support. We have also continued to provide a range of consultation, training, representation and awareness-raising initiatives to advocate and provide an LGBT+ voice. In addition to this, during this year we have been able to establish dedicated support for LBT+ women who have experienced domestic abuse and sexual violence.

Last year we said we would continue to enhance the Board's capacity by recruiting to the final space on the board. We were not able to find someone with the relevant skills to support our fundraising work in seeking donations through individual donors and events fundraising, and we are continuing recruitment for this role. We have started to look for premises, having established a greater understanding of the space we need, and are now actively searching and visiting potential premises. During the summer months we ran a number of face-to-face activities for groups: both outside and, for our youth groups, in hired space. This new work has included supporting mental health through physical activity for gay, bisexual and trans men by starting a weekly dance class at the end of the year.

We have continued to apply to new trusts and foundations, and have been successful in securing new funding for this year as well as for 2022-23 onwards. We have continued to diversify our funding streams and have been successful in growing our reserves, building some resilience for the organisation and the tough climate that charities face following the Covid-19 pandemic.

Counselling services

In 2021-2022 we experienced continued growth in referrals to our counselling services. Q1 alone saw an increase of 74% referrals on the same period in the previous year, and by the end of the year we had received 531 referrals. The service has for the most part remained online, however through help from Positive East, some of our counsellors have been able to move to in-person working. This has been welcomed by those who made the transition, and we are very grateful to Positive East for their support.

EAST LONDON OUT PROJECT

YEAR ENDED 31 MARCH 2022

TRUSTEES' REPORT

The counselling service main themes of stress, anxiety and depression were present, as was the wide-ranging impact of Covid-19 including loss of employment, opportunities, income, relationships and health. However, additional challenges were related to mental health concerns such as OCD, intrusive thoughts, suicidal thoughts and behaviours, self-harm behaviours, disordered eating and trauma. These were identified alongside internalised difficulties with low self-esteem, poor body image, shame, guilt, and self-acceptance, as well as wider lived experiences of historic or current abuse, cultural expectations, unhealthy relationships, racism, health issues, loss, and unhealthy family experiences.

It has been challenging this year to sustain capacity in the counselling team with some counsellors needing to take time out due to experience of burnout. Some counsellors were also impacted due to the changes in the BACP position to no longer allow online client hours during training, which meant that some were no longer able to continue their counselling placement at elop. Due to the increased demand on our services this year, we have continued to offer a service limited to a length of 14 sessions.

The service saw a new administrator join during the year when the previous administrator left and started a new clinical supervision group specifically for those working with couples and relationship clients. Over the course of the year 21 new counsellors joined the service. We supported 42 people within our relationship service and have continued to provide youth counselling for under 18s. We provided training for the counselling team which included assessment training, training on working with clients at risk of suicide, and trauma informed practice.

What those who have used our counselling services have had to say:

"Just a massive thank you for this brilliant service. It's been such a support and it's been really precious. Thanks"

"Getting a more accurate perception of my situation and the realisations helped me overcome my struggles, traumas and hang-ups."

"It has given me the space and time to discuss the things in my life that cause me pain. Talking about them has helped with my confidence and attitude towards myself."

"I have been able to have an understanding and openness to things that have happened in the past I had previously felt a lot of shame about. Also, having a better understanding of how my brain works and avenues to pursue so that I have better mental health."

EAST LONDON OUT PROJECT

YEAR ENDED 31 MARCH 2022

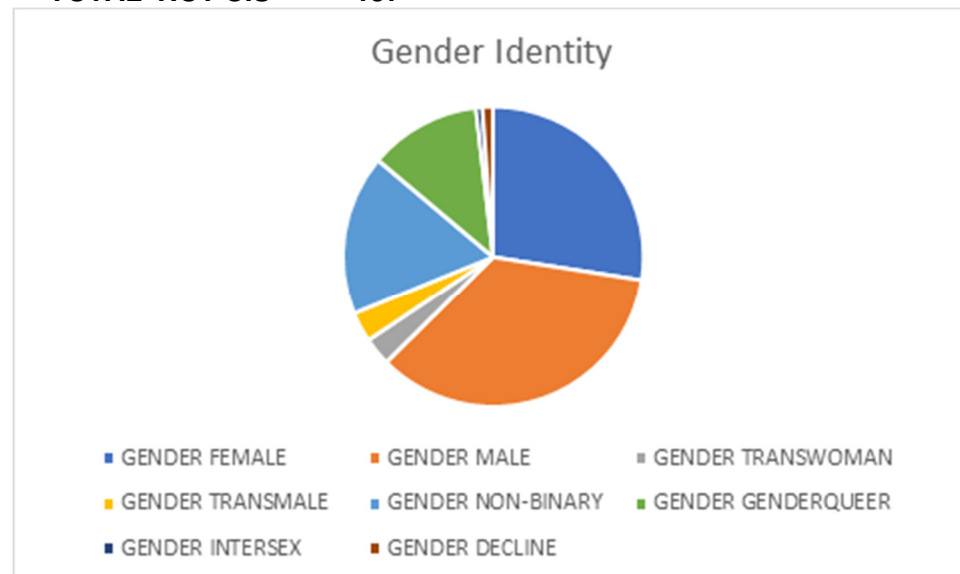
TRUSTEES' REPORT

Demographics

Gender identity

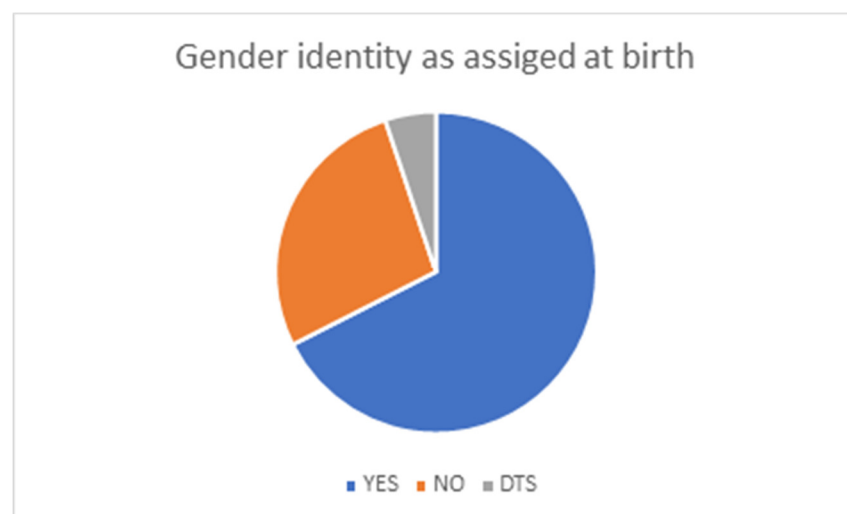
		TRANS WOMAN	TRANS MALE	NON- BINARY	GENDERQU EER	INTERSE X	DECLINE
FEMALE	MALE						
119	152	13	14	75	52	3	5

TOTAL NOT CIS 157



Gender same as assigned

YES	NO	Declined to state
302	122	23



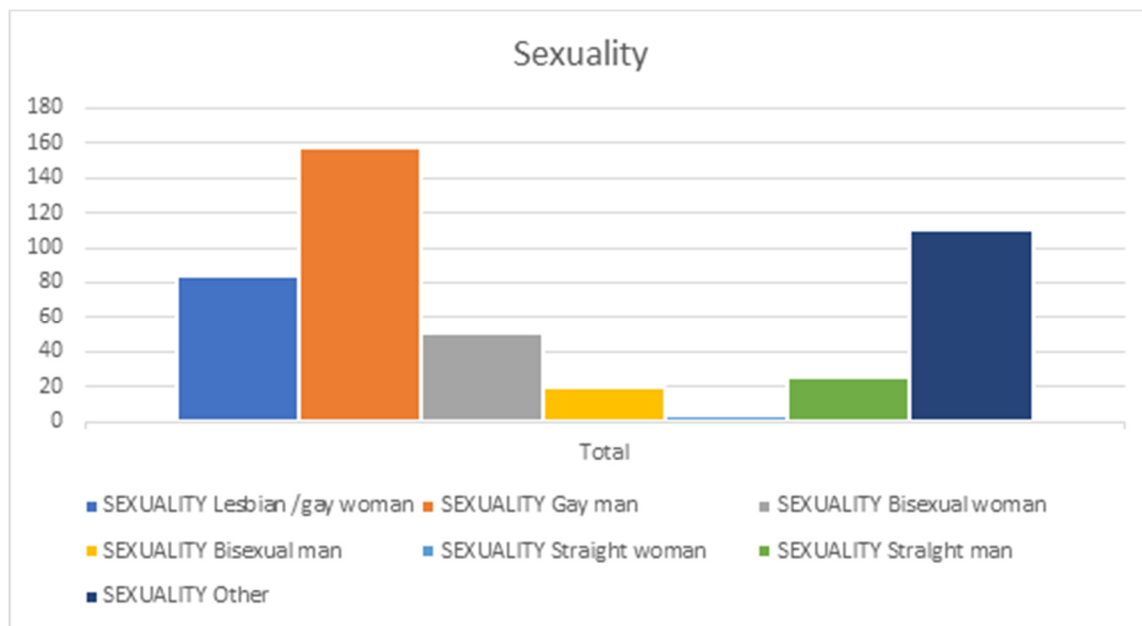
EAST LONDON OUT PROJECT

YEAR ENDED 31 MARCH 2022

TRUSTEES' REPORT

Sexual Orientation

<i>Lesbian /gay woman</i>	<i>Gay man</i>	<i>Bisexual woman</i>	<i>Bisexual man</i>	<i>Straight woman</i>	<i>Straight man</i>	<i>Other</i>
84	157	51	20	4	25	110



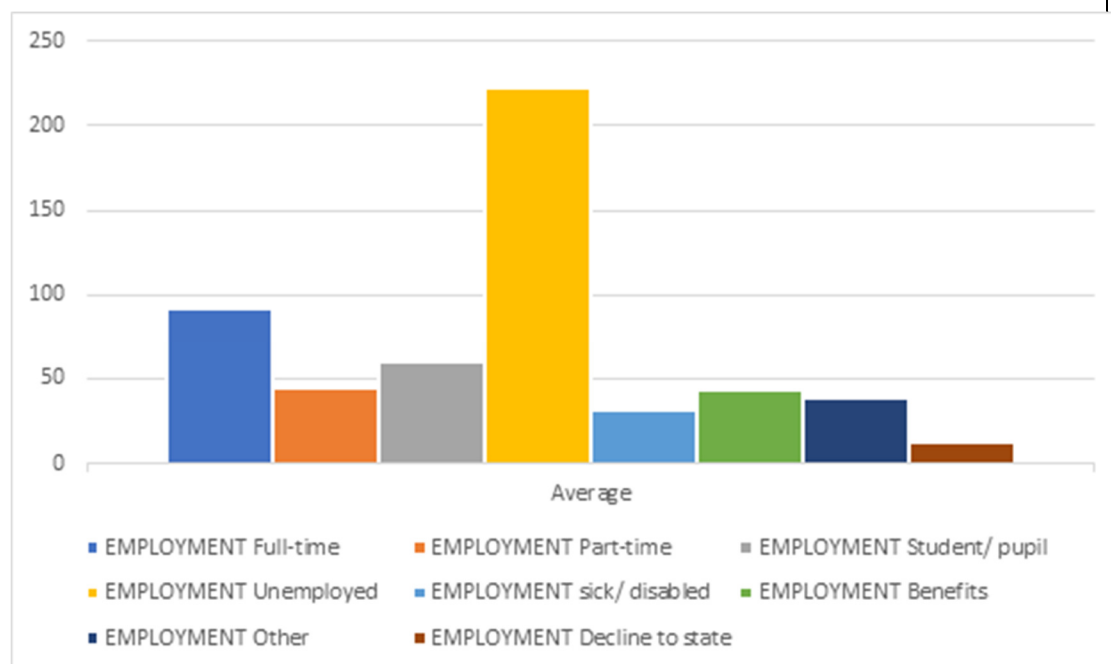
EAST LONDON OUT PROJECT

YEAR ENDED 31 MARCH 2022

TRUSTEES' REPORT

Employment

Full-time	Part-time	Student/ pupil	Unemployed	sick/ disabled	Benefits	Other	Decline to state
92	44	60	222	32	43	38	12



Heads Out Service

During this year we have increased our Heads Out Service to also establish Reclaim. This is a group for LBT women who have experienced domestic violence and sexual abuse, which aims to help those women rebuild their lives. We have continuing providing both crisis prevention mental health plans, resilience plans and plans aimed at those who have experienced hate crimes or domestic abuse or sexual violence. We have continued our mental health awareness workshops, now called ReFocus. These are psycho-educational workshops where people can learn skills to manage different aspects of their mental health and have focused these on common responses to experiencing hate crimes. Heads Out also runs a weekly group, Recharge, focusing on providing group support for those with mental health concerns. This group has provided the opportunity for people to share their mental health experience and gain a network of support from others who have experienced mental distress. We have seen 160 people in this service.

Feedback from client after mental health plan:

The Heads Out service is a wonderful service. When I started Heads Out I was in complete crisis and I believe that regular talking therapy was not and would not have been at all as useful for me at that point as the practical aspects of the Heads Out programme. Sometimes I was frustrated with the approach of my Heads Out counsellor, but in hindsight it really helped – we focused on small and achievable but practical things that I can do to help me better manage my mental health. It was a very big factor in bringing me to a point where I was able to speak to a

EAST LONDON OUT PROJECT

YEAR ENDED 31 MARCH 2022

TRUSTEES' REPORT

counsellor. The health plan which I was given at the end is very useful, beautiful and something I am very proud of. I think my Heads Out counsellor is really great and very talented and her thorough and methodical approach has really really helped me.

Feedback from client after mental health plan: *It was a real life-saver. I reached out to elop because I felt like I had cornered myself. I couldn't accept my identity and I kept torturing myself in attempts to change or deny my sexuality which was causing me severe depression. Thanks to the service provided by elop I managed to recognise which thought patterns or behaviours of mine were destructive and which were helpful. I also discovered that more people like me existed and I stopped feeling isolated or irreconcilably "different". elop gently guided me on a journey of self-discovery and self-acceptance for which I'm incredibly grateful. The sessions gave me the self-reassurance and courage to stop blaming and hating myself for who I am and instead to start allowing myself to dream about a potential relationship. Within less than two months of sessions I went from denial to acceptance and started making efforts to meet more queer people to stop feeling isolated. I even took the courage to start dating and had one really promising date. What progress! Thank you elop!*

Befriending

We ran our pilot peer befriending service until December 2021. For this we had recruited volunteer befrienders to undertake one-to-one befriending and then support the formation of small peer groups, enabling isolated people to gain a small network. We learnt a lot from undertaking this pilot and whilst good connections were made with befrienders we were less successful in establishing peer connections. We reviewed the pilot and relaunched the service with a new focus on supporting people to gain skills in connecting to others, and recruited volunteers to run befriending groups providing skills training within the group on establishing friendships. We have attracted three year funding for this work and in March 2022 the first of the new befriending groups was established.

Youth support services

This year we have continued our youth and family work, including a weekly 12-15s group and a weekly 15-18s group. This year there has been challenges with delivering work online to young people, and young people have been particularly affected by interruption to their everyday activities which has continued at different points during the year. We have continued to provide more individual mentoring work with young people. This support was focused on specific needs and was often practical in approach, such as activities to support coming out, social transitioning support and managing relationships with peers. Over the course of the year we received 47 referrals for the youth group or mentoring, and 9 specifically for counselling. We ran some face to face summer activities, both outside and in hired space.

Our online youth sessions provided a welcoming, safe space to meet new people, and share experiences. We ran a weekly online youth group for LGBT+ young people aged 12-15, attended by 17 young people. There were a total of 45 youth group sessions for this age group and we ran a weekly online youth group for LGBT+ young people aged 15-18 attended by 19 young people. There were a total of 45 youth group sessions for this age group. Sessions in the groups focused on dealing with homo/bi/trans-phobic bullying, coming out, identity, LGBT+ role models, coping

EAST LONDON OUT PROJECT

YEAR ENDED 31 MARCH 2022

TRUSTEES' REPORT

with the pandemic, LGBT+ history etc. We have provided mentoring sessions for 19 young people and counselling for 13 young people. In addition the youth worker responded to professionals and parents looking for advice regarding LGBT+ young people, to ensure that their wider network was able to provide better support

We continue to support a disproportionately high number of young people with a range of disabilities and mental health concerns and looked after young people, with common issues including generalised anxiety, social anxiety, depression, suicidal thoughts, self-harm, low self-esteem and gender dysphoria. We work with young people who are involved in social care, either on child protection plans or children in need, also those who are using CAMHS and early help services. We also work with some young people who are care experienced. Referrals have come from: Parents/Foster carers, young people, Family therapist, Social Workers, School Counsellor, Family Support, CAMHS Neurodevelopmental Team, Teachers, designated safeguarding leads in schools and Colleges, AKT and Gender Intelligence.

A high proportion of group members identify as non-binary, gender fluid or trans.

The youth group acts a safe space for LGBTQ+ young people to build their confidence. Quite often young people might be shy in some aspects of their personality but outgoing in others. We design our sessions with this in mind and try to always give young people the chance to participate in a way that boosts their confidence. For example, one young person who is not willing to take their mask off on Zoom due to anxiety over their appearance is enabled each week to perform a song they have written. Another young person who finds it hard to participate verbally is enabled to present their drawings and sketches. These are small steps which allow them to build their confidence throughout the year.

Young people are encouraged to celebrate who they are and we always mark key dates in the LGBT+ calendar such as pride, LGBT+ history month, International Day Against Homophobia, Biphobia and Transphobia (IDAHOBIT) etc. We also work towards challenging negative views held towards our community. For example, in one session we focused on different negative LGBT+ stereotypes and each young person shared which they found most personally difficult. Together as group we broke down the inaccuracy of these stereotypes, and the young people were empowered to feel proud of who they are. An example of mentoring work was focused on supporting a young person to know they were not alone, and we worked on showing them the size of their community, different role models and encouraged them to speak positively about themselves. By the end of the mentoring sessions they spoke much more positively about being gay, and through attending mentoring moved on to join the youth group.

EAST LONDON OUT PROJECT

YEAR ENDED 31 MARCH 2022

TRUSTEES' REPORT

Club Mellow group support programme

This year has continued to be challenging for our group support programme and the ability to sustain involvement has been in part dictated by differing restrictions in place at the time. For much of the year our groups have remained online, which has been challenging for those that have wanted to meet in person. Our groups over the course of the year have included a LBT+ women's group, LGBT+ Asylum group, weekly over 50's group, a social support group which provides support for many people with long term mental health needs as well as those with learning or physical health needs, and our Rainbow Families group. We were also able to provide a twice-monthly group for young adults (18-25) and this group provides a bridge between our youth group and adult services for those young adults who feel an environment for young adults best meets their needs. In March 2022 we launched our men's dance class and recruited volunteers to lead on weekly walks to start in April 2022. Our activities continue to reach new people. We were successful this year in attracting funding to run these groups for much of the year and have continued to support these groups when there has been no specific funding, such as our Asylum group, or 18-25s group later in the year. We continue to look for funding to enable us to continue this much needed support. Our women's group provides a space for women who have experienced domestic abuse or sexual violence to meet with other women and to build peer relationships supporting building healthier relationships and resilience in their lives.

Overall, our group activities have supported 170 people over the course of the year, despite the difficulties of running these mainly online. This is a reduced number as we now only run one LGBT+ asylum group. Our greatest challenge for this groups is to find some ongoing funding so that we can commit additional time and resource to these.

Service User: I've been coming to elop and it's been really amazing to be there with all the amazing people. I always enjoy the time here in elop and eagerly wait to attend all the sessions so I can have bit of fun, get information and share our feelings. Well, I come attend here so I can get to know and be with all of our community people. Thank you.

Service user: I am so glad to have you guys I can tell you everything without being judged, without getting scared of getting any kind of harm in return.

Service User: elop is the first organisation that supported me. They supported me when no one else did. I can't talk about them without getting emotional.

Thank you your email and showing your concerns. Well I'm pleased to tell you that i have been granted asylum few weeks ago and i was busy to in sorting out few things.

I'm feeling blessed that I've been a part of elop and i want to be in future as well. elop has played an important role in my journey to get granted.

Loving Monday afternoon and evening, feel so privileged to have found such a safe progressive, professional creative mental health and emotional well-being LGBTQ I space (over 50's and mental health workshops)

Women's group member: My spinning wheel of emotions has really calmed since I've been coming here.'

EAST LONDON OUT PROJECT

YEAR ENDED 31 MARCH 2022

TRUSTEES' REPORT

Consultation and representational activities

elop continues to attend community and statutory forums to ensure an LGBT+ voice is represented and heard and, recognising the value in partnership working, has formed excellent working relationships with other organisations and networks. elop has also provided consultancy services and training to a wide range of personnel and organisations and continued its involvement in The National LGBT Partnership. As part of our work we were involved in a number of projects including leading on the National Lesbian and Bisexual Women's Health week. As part of the work this year we provided the information for the 50 facts about LBT women's health which was the national resource produced for this year. We also spoke at the launch event and ran a Drag King Workshop.

elop has run the Tower Hamlets LGBT Community Forum on a monthly basis. The five aims of the forum are 'Connector & Agent of Change', 'Nothing About Us, Without Us', 'LGBT Voices Are Heard', 'Improving Access To Services' and 'Creating Safe Spaces'. The forum has actively been involved in raising community concerns in relation to hate crime and in response to the homophobic murder that took place in the borough in August 2021. Through the work of the forum elop has also inputted into the Women's Reproductive Health Forum and supported this to be more inclusive of the needs of LBT women and non-binary people.

elop has also met with police representatives in Waltham Forest, Newham, Tower Hamlets and Hackney in relation to the inquest of Anthony Walgate, Gabriel Kovari, Daniel Whitworth, and Jack Taylor and the televising of Four Lives. We continue to press the police in East London to take further action to support the community.

elop continues to be involved in a partnership bid in Tower Hamlets to bring together user-led equality organisations to foster intersectional work.

Other activities and events

elop has again this year provided a range of well received LGBT events in Tower Hamlets, some of which were held online. We held the annual Pride picnic and bandstand event and we were able to attract over we had 1,500 people to the events held.

EAST LONDON OUT PROJECT

YEAR ENDED 31 MARCH 2022

TRUSTEES' REPORT

Examples of events held



Training and Education

During this year we launched our foundation course in LGBT+ affirmative counselling and have been supported by the Tides Foundation and Google Community Fund to do this. We had a cohort of 16 on this course, which was well received. We have also learned from delivering this for the first time and have adapted the course to have some face to face delivery alongside online sessions. We have continued to work towards establishing a qualifying LGBT+ affirmative counselling course at Levels 4-6.

Foundation Course: *Just to say thank you for all the training over the past 9 weeks - I appreciate all the work put into planning, preparing and delivering a new course. It is giving me a lot to think about and reflect on which is just what I had hoped for.*

LGBT+ Awareness Training: *Thank you so much for the super interesting talk just now! Our team enjoyed it very much and we have already scheduled a follow up forum for this week where we will discuss internally how we can put allyship into action! It has been very inspiring and thank you so much for all the valuable insights!*

Fundraising

Many of elop's efforts for fundraising this year have focused on applications to trusts and foundations to support our diversifying of funding streams, and we have achieved much success with this. In addition we ran our now established Exercise For elop fundraising drive, joined the Big Give, and benefited from a series of comedy gigs run by the Depressed Baker raising a total of £9,300. During this year elop again successfully increased its earned income and was able to increase the amount raised through providing training and consultation to others. We will look to build on our learning from online fundraising and will continue this in the forthcoming year alongside in person fundraising events.

EAST LONDON OUT PROJECT

YEAR ENDED 31 MARCH 2022

TRUSTEES' REPORT

Corporate & Other Partners

During the year it has been more difficult to work with corporate organisations, but we have maintained our relationship with the Google LGBT network. We have maintained our contact with GWN and Barbarfellows and have started to increase contacts with local organisations.

New funding

elop has continued to be successful in attracting new funding during the course of the year, and funding for the future. We had successfully applied for funding in the previous year which enabled us to provide support to victims of hate crime with thanks to London Community Foundation (MOPAC Victims Fund Round 6) and an expanded programme of support to LBT women and non binary people who have experienced domestic abuse or sexual violence funded by London Community Foundation (MOPAC VAWG Grassroots Fund). We also continued to attract some funding via Covid-19 London response fund which enabled support for our groups. We also were funded by Tides Foundation, Google Community Fund, Mind (Coronavirus Mental Health Response Fund) and towards the end of the year were able to launch our revamped befriending service and further mental health support through our partnership funding work from The National Lottery Community Fund Partnership Grant where London Friend is the lead partner. We received some funding from the Postcode Society Trust to support the cost of the lead worker for our counselling services. We received funding to start our men's health programme at the end of the year that will take us to December 2022.

We were successful in applying for future funding for next year including from BBC Children in Need to continue our youth work for a further three years, and have also received funding for next year from the London Borough of Waltham Forest.

We want to thank all our funders who have supported our work during this year and going forwards.

Individual donors

We would like to thank all the individuals who have made one-off or regular donations to the charity over the course of the year. We have again been successful this year in raising additional money through individual donations. We were nominated again this year to be a receiver of donations from Google employees which were matched by Google, which led us to be able to bring in over £30,000 from individual donors.

Organisational change

During this year we have had some significant staff changes, with two short term temporary posts and some staff leaving as the pandemic situation changed and previous careers could be resumed. Over the course of the year five people left the organisation and six people joined, and we were able to appoint to all vacancies without there being gaps in service provision. We were able to successfully appoint to the vacant Director of Wellbeing position. Staff have attended a range of training including suicide awareness, group facilitation, safeguarding, and trauma informed practice amongst others.

EAST LONDON OUT PROJECT

YEAR ENDED 31 MARCH 2022

TRUSTEES' REPORT

This year has been very challenging for everyone, and particularly for staff who have joined the organisation never having worked in person together. This has continued to bring challenges both personally and professionally. The pace of change and the demand for support has continued to be unrelenting during this year, and the ability to provide much needed mental health support during this time would not have been possible without the dedication of our staff team. The trustees would like to take this opportunity to thank these staff members for their enormous and continued commitment and ongoing support. We would like to recognise the leadership of the CEO, who has been able to support and steer the organisation throughout such uncharted circumstances.

Contribution by volunteers

Many of elop's activities are carried out and supported by the skills, dedication and commitment of our volunteer teams. elop had more than 85 volunteers involved during the year and generally maintained a core team of around 65 – 70 volunteers at any one time. We have been successful this year in recruiting new counsellors, group facilitators and befriender volunteers.

This year we have been able to have 3 overseas student interns placed again with us and have particularly welcomed the range of work they have been able to support within the organisation. During this year we also had four social work students undertaking 70-day placements at elop. Our volunteer counsellor team continues to be our largest volunteer team and whilst numbers fluctuate during the year we work hard to maintain the team between 36 – 42 counsellors at any one time. Our group facilitators continue to do a great job of supporting our groups and have both supported online delivery as well as outdoor sessions

elop recognises that we need to continue to recruit and retain volunteers to help us deliver the wide range of services we have on the modest amount of funding we receive. elop's Board would like to sincerely thank all volunteers for their continued hard work, loyalty and achievements; without their support elop could not successfully provide the range of activities on offer nor support as many individuals as we do.

Feedback from counsellor leaving elop:

I want to thank you for all of your support during my time at elop; it's been such a journey. I have loved my placement with elop, it's been a brilliant foundation for my development as a counsellor and I'm really going to miss it. I really appreciate the way you hold the organisation, clients and volunteers with such care and warmth. I wish you both all the very best for the future and hope our paths will cross again

March 2022: email from counsellor ending their placement: *I want to thank you so much for accepting me into elop as a trainee counsellor, I couldn't have asked for a better placement. I have learned so much and been immensely inspired by the organisation, managers, trainers, administrators, my supervisor and of course, my clients.*

elop has provided the support, care and encouragement I respond so well to, but haven't received on my course and I honestly think without elop, I may not have continued to the point of qualification. I will always be grateful for that!

EAST LONDON OUT PROJECT

YEAR ENDED 31 MARCH 2022

TRUSTEES' REPORT

Financial review and reserves policy

Our reserves policy is that we should be working towards holding 3-6 months of reserves to demonstrate our sustainability and be able to cover the equivalent of three to six months of core funding at any one time. We have achieved this but are aware that we face particularly high expenditure next year in relation to moving premises and have been preparing for this in order to minimise impact on our ability to cover core expenditure. We will remain vigilant about our expenditure to ensure stability and sustainability for the future.

The charity made a surplus of £104,882 (2021 - £137,668) and has unrestricted reserves totalling £437,836 of which £180,000 has been designated towards the relocation and expansion of the Charity's premises (2021 - £332,954).

The future

During 2022/23 we will continue to enhance the Board's capacity to support the organisation by recruiting additional Board members with the focus on both diversifying the board and recruiting those with expertise in fundraising in individual donors and events fundraising. We will continue to seek suitable premises. We will be looking to move back to face-to-face provision whilst retaining some online support and aim to find the right balance. We will continue to enhance our social media presence and the organisations ability to work smartly through a move to the cloud and the launch of our new website. We will explore the current structure of the organisation and look to support bringing the counselling service and the mental health service into one service. We will work on expanding our training provision and work towards our goal of running an LGBT+ affirmative qualifying course and increasing our offer of training and support to schools. Our plans beyond this will be laid out in our business plan but will include consolidating our position as a leading LGBT+ mental health service and expansion of our youth and family work. We will work towards our organisation being trauma informed.

EAST LONDON OUT PROJECT

YEAR ENDED 31 MARCH 2022

TRUSTEES' REPORT

Statement of Trustee's Responsibility in relation to Financial Statements

The charity's Trustees (Directors) are responsible for preparing the Trustees' Annual Report and Financial Statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the Trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources, including the income and expenditure of the charitable company for that period. In preparing these financial statements, the Trustees are required to:

- Select suitable accounting policies and then apply them consistently;
- Observe the methods and principles in the Charities SORP;
- Make judgements and estimates that are reasonable and prudent;
- State whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements; and
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.

The Trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy, at any time, the financial position of the charity and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities as well as exercising proper financial controls.

By order of the trustees



Sarah Humphreys (Chair)

Date 30-01-2023

**INDEPENDENT EXAMINERS REPORT TO THE MEMBERS OF
EAST LONDON OUT PROJECT
YEAR ENDED 31ST MARCH 2022**

Independent Examiner's Report

I report to the charity trustees on my examination of the accounts of the charity for the year ended 31st March 2022.

Responsibilities and basis of report

As the charity trustees of the company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your company's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

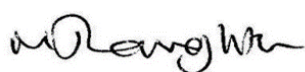
Independent examiner's statement

Since the company's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of Institute of Chartered Accounts of Scotland which is one of the listed bodies.

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

- accounting records were not kept in respect of the company as required by section 386 of the 2006 Act; or
- the accounts do not accord with those records; or
- the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a 'true and fair view' which is not a matter considered as part of an independent examination; or
- the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached



M J Laughton CA
WILLIAM PRICE & CO AUDIT LTD
Chartered Accountants

Date: 30-01-2023

EAST LONDON OUT PROJECT

STATEMENT OF FINANCIAL ACTIVITIES

(including summary income and expenditure account)

YEAR ENDED 31ST MARCH 2022

	Notes	UNRESTRICTED FUNDS 2022	RESTRICTED FUNDS 2022	TOTAL FUNDS 2022	TOTAL FUNDS 2021
		£	£	£	£
INCOME					
Donations and Gifts	5	125,130	-	125,130	136,025
Charitable Activities	6	90,339	242,520	332,859	300,693
Other trading activities	5	29,831	-	29,831	14,941
TOTAL INCOMING RESOURCES	9	245,300	242,520	487,820	451,659
EXPENDITURE ON					
Charitable Activities	7	140,418	242,520	382,938	313,991
TOTAL EXPENDITURE	9	140,418	242,520	382,938	313,991
NET INCOMING RESOURCES FOR YEAR BEFORE TRANSFERS		104,882	-	104,882	137,668
TRANSFERS BETWEEN FUNDS	9	-	-	-	-
NET MOVEMENT IN FUNDS		104,882	-	104,882	137,668
FUNDS BROUGHT FORWARD AT 1ST APRIL		332,954	-	332,954	195,286
FUNDS CARRIED FORWARD AT 31ST MARCH		437,836	-	437,836	332,954

The Statement of Financial Activities includes all gains and losses in the year.
All incoming resources and resources expended derive from continuing activities.

EAST LONDON OUT PROJECT
BALANCE SHEET
AT 31ST MARCH 2022

	Notes	2022		2021	
		£	£	£	£
FIXED ASSETS	10		-		-
CURRENT ASSETS					
Debtors & prepayments	11	23,513		11,751	
Cash at bank and in hand		533,265		452,864	
		556,778		464,615	
CREDITORS, AMOUNTS FALLING DUE WITHIN ONE YEAR	12	118,942		131,661	
NET CURRENT ASSETS			437,836		332,954
TOTAL NET ASSETS		£	<u>437,836</u>	£	<u>332,954</u>
FUNDS					
Unrestricted Funds					
General Funds	9		257,836		252,954
Designated Funds	9		180,000		80,000
Restricted Funds	9		-		-
TOTAL FUNDS		£	<u>437,836</u>	£	<u>332,954</u>

The directors are satisfied that the company was entitled to exemption from audit under section 477 of the Companies Act 2006 and that members have not required an audit in accordance with section 476.

The directors acknowledge their responsibilities for:

- i) ensuring that the company keeps accounting records which comply with section 386; and
- ii) preparing accounts which give a true and fair view of the state of affairs of the charitable company as at the end of the financial year and of its profit or loss for the financial year in accordance with the requirements of section 396 and which otherwise comply with the requirements of this Act relating to accounts, so far as applicable to the charitable company.

Approved by the Trustee Directors and signed on their behalf on 30-01-2023 by:



S Humphreys

Company Number : 03355423

EAST LONDON OUT PROJECT

NOTES TO THE ACCOUNTS

YEAR ENDED 31ST MARCH 2022

1) ACCOUNTING POLICIES

The principal accounting policies adopted in the preparation of the financial statements are set out below, and have been consistently applied within the accounts.

- a) The financial statements have been prepared in accordance with the Financial Reporting Standard 102 (FRS 102), the Statement of Recommended Practice (SORP), "Accounting and Reporting by Charities" published in 2015 and applicable charity and company law. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note.

The charity adopted SORP (FRS 102) in the current year and there were no transition adjustments

- b) The charity is a company limited by guarantee. The members of the company are the trustees named on page 1. In the event of the charity being wound up, the liability in respect of the guarantee is limited to £1 per member of the charity.
- c) Incoming resources are recognised on an accruals basis, except that donations and legacies are recognised only upon receipt unless the donor advises otherwise. Grants are treated as income for the period to which the grantor assigns the grant and the stipulated period of service provision and deferred as necessary. Service contracts or grants where the grantor stipulates performance targets and does not specify that a surplus is retrievable, are regarded as unrestricted once the targets are achieved. The value of services provided by volunteers is not incorporated into these financial statements. Donated assets are valued at fair market value. During the year no assets were donated.
- d) Resources Expended/ Expenditure
Charitable activities relate to the costs incurred in providing the company's charitable services. These include expenses to provide training to counsellors and education for relevant groups as well as the majority of staff costs. They include all materials and literature provided to run the projects and support costs like telephone, postage and stationery. Costs are shown inclusive on non-recoverable VAT.
- e) Fixed assets are capitalised at cost and depreciation is provided to write off the cost of the assets over their expected useful economic lives. Office equipment (General Fund) is written off at a rate of 33.3% per annum on a reducing balance basis. Leasehold improvements (General Fund) are written off at a rate of 20% per annum on a straight line basis. The length of the original lease was 5 years and these costs have now been fully amortised. The cost of subsequent refurbishments has been written off as incurred. Office equipment (restricted funds) is written off over the length of the funding. The estimated residual value of the fixed assets is nil.
- f) Stocks of safe sex literature relating to the Charity's services & general information are written off as incurred.
- g) The value of services provided by volunteers is not included within these financial statements.
- h) The Charity operates a defined contributions pension scheme
- i) The accounts have been prepared on a going concern basis.
- j) Unrestricted funds are available for the use in the furtherance of the charity's objectives. Restricted funds are subject to restrictions imposed by the donors as set out in the notes to the accounts.
- k) Debtors
Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid after taking account of any trade discounts due.
- l) Creditors
Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

EAST LONDON OUT PROJECT

NOTES TO THE ACCOUNTS

YEAR ENDED 31ST MARCH 2022

2) FUNDS & FUNDING

General Fund

The General Fund includes all grant income from Local Authorities or other statutory bodies who support the main objectives and services provided by the East London Out Project in their areas..

The General Fund also accounts for unrestricted charitable trusts and foundation funding, donations, fundraising and investment income.

The London Borough of Tower Hamlets provided funding for the provision and delivery of an LGBT community forum for engaging local LGBT communities, representation and consultation, the provision, and delivery of LGBT community events, plus the delivery of LGBT mental health crisis prevention plans, support groups and awareness training to local providers.

DH (National LGBandT Partnership) an England-wide consortia of LGBT voluntary and community organisations who are committed to reducing health inequalities and challenging homophobia, biphobia and transphobia in public services. elop is one of the partners. The Partnership is currently funded by the Department of Health to support and enable the partnerships strategic engagement and consultation with Government and statutory bodies.

Postcode Society Trust provided 12 months funding contributing towards costs for running the counselling service.

London Community Foundation: Covid 19 Funding/ Wave 5 provided a 6-month grant for facilitated groups and mental health crisis support.

The Tudor Trust gave a one-off support grant for staff wellbeing.

Kickstart Scheme funded a 6-month work placement for a young unemployed person.

Alpkit Foundation gave a small grant for outdoor activities.

The Proud Trust – gave a one-off small youth grant to support printing costs of t-shirts designed by young people.
Equalities Partnership in Tower Hamlets (Cornerstone) provided a one-off start-up grant to develop new partnership work.

Groundwork UK: Tesco Bags of Help provided a small one-off grant for group work.

London Community Foundation: GVC provided a 12-month grant for men's health work.

East London Community Foundation (LBTH Cohesion Events Fund) gave funding for elop to host a Trans parents day.

The London Borough of Waltham Forest (EDI Development Fund) funded elop to delivery training and facilitate an LGBT+ focus group.

BBC Children in Need – part of a 3-year grant to deliver a dedicated LGBT children's and young people's project including weekly youth support groups, one-to-one support, and counselling.

City Bridge Trust Continuation Funding – part of a 2-year grant contributing dedicated funding to the organisation's core counselling service costs for overheads, supporting volunteer counsellors and costs of a full-time administrator.

The National Lottery Community Fund (Partnership Grant) – part of a 3-year grant in partnership with London Friend and LGBT Hero funding mental health and befriending support.

London Community Foundation: MOPAC VAWG Grassroots Fund – part of 2-year grant for dedicated support services for LBT+ survivors of domestic abuse and sexual violence.

London Community Foundation: MOPAC Victims Fund Round 6 – part of a 1-year grant to support victims of LGBT hate crime.

Tudor Trust - part of a 3-year grant for Director of Wellbeing Services post.

Lloyds Bank Foundation for England and Wales – part of a 1-year grant to support the organisations LGBT mental health crisis prevention and intervention services.

Tides Foundation: Google Community Grant Fund – a one-off grant to support development of LGBT affirmative counselling training.

LGBT+ Futures National Emergencies Trust Fund – part of 6-month covid recovery grant to support purchase of PPE supplies, equipment and covid support counselling.

Mind - Coronavirus Mental Health Response Fund – part of a 1-year grant to support a LGBT mental health befriending and peer support service.

Groundwork UK - Thrive London – extension grant to provide additional support for LGBT Asylum Seekers.

EAST LONDON OUT PROJECT

NOTES TO THE ACCOUNTS

YEAR ENDED 31ST MARCH 2022

3) OPERATING SURPLUS/(DEFICIT)

	2022 £	2021 £
The net operating surplus/(deficit) of income over expenditure is stated after charging:		
Staff costs (note 4)	293,516	235,094
Depreciation of equipment & loss on disposal	-	-

4) STAFF COSTS

	2022 £	2021 £
Staff costs for the year were as follows:		
Salaries	264,738	209,575
Social security costs	20,475	18,053
Pensions Costs	8,303	7,466
	293,516	235,094

The average number of persons employed by the charitable company in the year was 11 persons. (2021 - 11). No member of staff was paid more than £60,000.

The key management personnel of the charity comprises the trustees and the Chief Executive, to whom responsibility for the day-to-day activities of the charity is delegated. The total employee benefits received by key management personnel during the year (excluding employer pension costs) were £55,980 (2021: £57,072).

EAST LONDON OUT PROJECT

NOTES TO THE ACCOUNTS

YEAR ENDED 31ST MARCH 2022

5) INCOMING RESOURCES FROM GENERATED FUNDS

UNRESTRICTED FUNDS

GENERAL FUND

Donations and Gifts
 Donations from individuals
 COVID - JRS
 User Contributions

TOTAL 2022		TOTAL 2021	
£	£	£	£

30,305		27,910	
-		7,403	
94,825		100,712	
	125,130		136,025

Other trading activities
 Fund-raising activities
 Training & Placement fees

9,361		9,796	
20,382		5,110	
	29,743		14,906

Investment Income
 Interest receivable

	154,873		150,931
	88		35

TOTAL RESOURCES FROM GENERATED FUNDS

	154,961		150,966
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EAST LONDON OUT PROJECT

NOTES TO THE ACCOUNTS

YEAR ENDED 31ST MARCH 2022

6) ANALYSIS OF GRANTS

	GRANTS Rec'd in year	Opening Debtors	Closing Debtors & Creditors	Deferred Income movement	TOTAL	
					2022	2021
	£	£	£	£	£	£
UNRESTRICTED FUNDS						
GENERAL FUND						
The London Community Foundation (Tampon Tax Community Fund)	-	-	-	-	-	10,511
London Borough Tower Hamlets	18,667	-	8,333	-	27,000	-
London Borough Waltham Forest	14,162	-	(1,575)	(9,762)	2,825	-
Postcode Society Trust	17,303	-	-	(12,977)	4,326	-
Tudor Trust - other	-	-	-	2,000	2,000	-
Kickstart Scheme	7,565	-	-	-	7,565	-
Alpkit Foundation	300	-	-	-	300	-
Students' Union UCL Volunteering Service	250	-	-	-	250	-
Equalities Partnership in Tower Hamlets (Cornerstone)	3,000	-	-	-	3,000	-
East London Community Foundation (LBTH Cohesion Events Fund)	500	-	-	-	500	-
Groundwork UK: Tesco Bags of Help	500	-	-	-	500	-
London Community Foundation: GVC	10,000	-	-	(8,250)	1,750	-
LB Tower Hamlets - Community Engagement	-	-	-	-	-	25,000
LB Tower Hamlets - Community Event	-	-	-	-	-	15,000
LB Tower Hamlets - LCF	27,617	-	-	-	27,617	27,617
London Community Foundation: Wave 5	-	-	-	9,863	9,863	-
City Bridge Trust	-	-	-	-	-	12,400
City Bridge Trust(2 year continuation)	-	-	-	-	-	37,125
DH (National LGBT Partnership)	2,943	(100)	-	-	2,843	2,020
The London Community Foundation	-	-	-	-	-	8,298
The Proud Trust	-	-	-	-	-	200
TOTAL GENERAL FUND	102,807	(100)	6,758	(19,126)	90,339	138,171
RESTRICTED FUNDS						
BBC Children in Need	29,498	-	-	-	29,498	29,498
City Bridge Trust: London Community Response Fund	-	-	-	-	-	17,628
City Bridge Trust: TNLCF COVID-19 Response Fund	-	-	-	-	-	36,590
The National Lottery Partnership Fund	27,232	-	-	(13,616)	13,616	29,918
Tides Foundation Google Community Fund	-	-	-	22,599	22,599	-
London Community Foundation: MOPAC VAWG Grassroots Fund	38,705	-	-	-	38,705	-
London Community Foundation: MOPAC Victims Fund Round 6	17,696	-	-	11,073	28,769	-
Lloyds Bank Foundation for England & Wales	-	-	-	5,500	5,500	27,500
Tudor Trust	40,000	-	-	(7,999)	32,001	7,999
City Bridge Trust(2 year continuation)	49,500	-	-	-	49,500	-
Mind - Coronavirus Mental Health Response Fund	-	-	-	15,244	15,244	4,478
Groundwork UK - Thrive London	2,514	(1,514)	-	-	1,000	7,571
LGBT+ Futures National Emergencies Trust Fund	-	-	-	6,088	6,088	1,340
TOTAL RESTRICTED FUNDS	205,145	(1,514)	-	38,889	242,520	162,522
TOTAL UNRESTRICTED & RESTRICTED	307,952	(1,614)	6,758	19,763	332,859	300,693

EAST LONDON OUT PROJECT

NOTES TO THE ACCOUNTS

YEAR ENDED 31ST MARCH 2022

7) TOTAL RESOURCES EXPENDED

SERVICE AREA	Core Services £	Governance £	Support £	TOTAL	
				2022 £	2021 £
Core Service activities	363,280	10,779	8,879	382,938	313,991
TOTAL RESOURCES EXPENDED	363,280	10,779	8,879	382,938	313,991

Where not directly attributable, costs are allocated on a basis of estimated time associated with specific activities.

8) GOVERNANCE & SUPPORT COSTS

	2022 £	2022 £
	Governance	Support
Staff salaries	6,649	6,649
Apportioned office running costs and resources	2,230	2,230
Accountancy	1,900	-
	10,779	8,879

9) MOVEMENT ON FUNDS IN YEAR

	Note	Opening Balance at 1/4/2021 £	Incoming Resources (notes 5 & 6) £	Outgoing Resources (note 7) £	Transfers between funds £	Closing Balance at 31/3/2022 £
UNRESTRICTED FUNDS	2					
General Fund		252,954	245,300	140,418	(100,000)	257,836
Designated Funds:						
Property Reserve		80,000	-	-	100,000	180,000
		332,954	245,300	140,418	-	437,836
RESTRICTED FUNDS	2					
BBC Children in Need		-	29,498	29,498	-	-
The National Lottery Partnership Fund		-	13,616	13,616	-	-
Tides Foundation Google Community Fund		-	22,599	22,599	-	-
London Community Foundation: MOPAC VAWG Grassroots Fun		-	38,705	38,705	-	-
London Community Foundation: MOPAC Victims Fund Round 6		-	28,769	28,769	-	-
Lloyds Bank Foundation for England & Wales		-	5,500	5,500	-	-
Tudor Trust		-	32,001	32,001	-	-
City Bridge Trust(2 year continuation)		-	49,500	49,500	-	-
Mind - Coronavirus Mental Health Response Fund		-	15,244	15,244	-	-
Groundwork UK - Thrive London		-	1,000	1,000	-	-
LGBT+ Futures National Emergencies Trust Fund		-	6,088	6,088	-	-
TOTAL RESTRICTED FUNDS		-	242,520	242,520	-	-
TOTAL UNRESTRICTED & RESTRICTED		332,954	487,820	382,938	-	437,836

The Trustees have designated £100,000 in the year towards the relocation and expansion of the charity's premises.

EAST LONDON OUT PROJECT

FIXED ASSETS

YEAR ENDED 31ST MARCH 2022

10) FIXED ASSETS

	Leasehold	Office Equipment	
	General Fund	General Fund	TOTAL
<i>Cost</i>	£	£	£
Brought forward	7,116	30,037	37,153
Additions	-	-	-
Disposals	-	-	-
AT 31ST MARCH 2022	<u>7,116</u>	<u>30,037</u>	<u>37,153</u>
 <i>Depreciation</i>			
Brought forward	7,116	30,037	37,153
Charge for year	-	-	-
On disposals	-	-	-
Transfers between funds	-	-	-
AT 31ST MARCH 2022	<u>7,116</u>	<u>30,037</u>	<u>37,153</u>
 <i>Net Book Value</i>			
AT 31ST MARCH 2022	<u>-</u>	<u>-</u>	<u>-</u>
AT 31ST MARCH 2021	<u>-</u>	<u>-</u>	<u>-</u>

11) DEBTORS, amounts falling due within one year

	2022	2021
	£	£
Grants receivable	-	1,614
Other debtors & prepayments	23,513	10,137
	<u>23,513</u>	<u>11,751</u>

12) CREDITORS, amounts falling due within one year

	2022	2021
	£	£
Other taxation & social security	6,997	6,060
Deferred income	96,980	116,742
Other creditors & accruals	14,965	8,859
	<u>118,942</u>	<u>131,661</u>

EAST LONDON OUT PROJECT

NOTES TO THE ACCOUNTS

YEAR ENDED 31ST MARCH 2022

13) ANALYSIS OF NET ASSETS BETWEEN FUNDS

	Restricted £	Unrestricted £	Total £
Tangible Fixed Assets	-	-	-
Current Assets	65,991	490,787	556,778
Current Liabilities	(65,991)	(52,951)	(118,942)
	-	437,836	437,836

14) TRUSTEES' REMUNERATION & EXPENSES

In the year there were no payments to Trustees, . (2021- nil.)

15) TAXATION

The charity is exempt from tax on its charitable activities.

16) STATUS, CONNECTED CHARITIES & RELATED PARTY TRANSACTIONS

The company is incorporated by charitable means and is limited by guarantee without share capital. The company is not part of any group.

No payments were made to any related party.

17) COMMITMENTS

The lease on the ELOP centre premises has expired. The charity is currently renting the same property on an annual basis.

EAST LONDON OUT PROJECT

England & Wales - Charity number 1067474

Accounts

EAST LONDON OUT PROJECT
ANNUAL REPORT & ACCOUNTS
YEAR ENDED 31ST MARCH 2021

EAST LONDON OUT PROJECT

YEAR ENDED 31 MARCH 2021

TRUSTEES' REPORT

Chair's Report

This annual report provides information of what we have been doing this year and our future plans as we move forward. I, on behalf of the Board, would like to thank all those who have supported the work of the organisation as staff, volunteers and supporters; we could not achieve what we do without you. This year has been like no other year as we have operated throughout this year with the impact of Covid-19 and various states of restrictions. We have seen how such unusual circumstances has brought out the best in people and have been hugely grateful for the range of support we have received this year to enable us to support those that have needed our services. We are proud of the response of our staff and volunteers, who have been able to deliver services in new ways, and it was with great speed that we were able to pivot our counselling services from face to face delivery to online. Staff worked tirelessly to ensure we were able to provide much-needed mental health support during unusual times, and our thanks go to our CEO, Teresa Sharpe, who led the team with skill and care.

Alongside responding to the pandemic, we have spent last year working hard to ensure that the organisation is able to meet demand for our services, and to consolidate our sustainability. The pandemic has led us to review the way we deliver services and also our need for premises; we are working with consultants to establish what space we need to deliver our services, including an assessment of our current premises, in relation to Covid-19.

We have seen continued and increased demand for our services, and the daily stories of those using our services continue to give testament to the fact that our work is not yet done. Not only do we need to maintain safe spaces for our services to support individuals at ELOP, we actually need to increase our work: to eradicate discrimination to improve both access to services more generally, and to support the mental health and wellbeing of our communities. During this year our staff team has increased as we have successfully gained additional funding and have been able to establish new services, such as Pride-Together (a facilitated peer befriending project). The pandemic has highlighted both mental health and isolation as two key areas that impact on people's wellbeing and are at the forefront of our work. Demand for our services is likely to increase in the coming year as people continue to be affected by their experience of living through Covid-19.

Despite this being our 25th year, we were not able to celebrate in the way that we had wanted to, but we did launch the start of our annual Exercise For ELOP campaign as the first of our birthday fundraising efforts. We will continue to celebrate our 25th year birthday when we can with face to face celebrations. Last year we said that due to the pandemic we would concentrate on individual giving and applying to new trusts and foundations. As these accounts show, we have been successful in achieving more funding this way than in previous years. We undertook much work on our constitution during the year and are now awaiting approval from the charity commission.

Sarah Humphreys

Chair of Board of Trustees.

EAST LONDON OUT PROJECT

YEAR ENDED 31 MARCH 2021

TRUSTEES' REPORT

Report of the Trustees for the Year Ended March 2020

The directors are pleased to present their annual report with the financial statements of East London Out Project (ELOP) for the year ending 31 March 2021 (2020/21). The statements appear in the format required by the Statement of Recommended Practice for Accounting and Reporting by Charities (revised 2019). The report and statements also comply with the Companies Act 2006 as ELOP was incorporated by guarantee on 14 April 1997. It has no share capital and is a registered charity. The guarantee of each member is limited to £1. The governing document is the Memorandum and Articles of Association of the company and members of the Board of Trustees are the Directors of the Company.

Reference and administrative details

Charity Number:	1067474
Company Number:	03355423
Address:	56-60 Grove Road, Walthamstow, London E17 9BN
Auditors:	William Price & Co Audit Ltd Suite 9 Westbury Court, Church Rd, Bristol BS9 3EF
Bankers:	Co-operative Bank PO Box 101, 1 Balloon Street, Manchester M60 4EP
Solicitor:	Russell-Cooke Solicitors 2 Putney Hill, London SW15 6AB

Members of the Board of Trustees who are Directors for the purpose of company law and Trustees for the purposes of charity law, who served during the year and up to the date of this report are:

Sarah Humphreys: Chair
David Pearson: Treasurer
Victoria Fox: Vice Chair
Susan Baines
Lewis Allett
Suzanne Timmons
Lee Mauve Patron

Company Secretary and Chief Executive: Teresa Sharpe

EAST LONDON OUT PROJECT

YEAR ENDED 31 MARCH 2021

TRUSTEES' REPORT

Structure, Governance and Management

The directors of the charitable company (the charity) are its Trustees for the purposes of charity law and throughout this report are collectively referred to as the Trustees.

The Board of ELOP also constitutes the membership of the charity. The Board has a number of mechanisms in place to consult with key stakeholders, including staff, volunteers and service users to inform its work and decision-making. As set out in the Articles of Association, Trustees are elected annually at the Annual General Meeting. The Trustees have the power to co-opt further members. When considering Trustees for election or co-option, the Board has a process for recruiting and selecting Board members with the appropriate skills necessary to govern and strategically lead. Board recruitment is reviewed annually and additionally where needed. Trustees are recruited through open recruitment and appointed based upon their skills, and experience according to the prevailing needs and aspirations of the Board and organisation. Trustees are appointed for a minimum two year period, with no limit on the number of times a Trustee can stand for re-election if in the organisation's best interest. We have remained at 7 trustees for the year and continue to have one space on the board that we are recruiting for, particularly looking for a trustee with experience in donor, corporate and or events fundraising.

All new Trustees take part in the organisation's induction training and are provided with support and training to brief them on their legal obligations under charity and company law. All Trustees are provided with the company's Memorandum and Articles of Association and information about the Board, the organisation's decision-making structures and prevailing issues facing the organisation. All Trustees are offered the opportunity to undertake external training in relation to their role. A Board Management Charter, signed by all Trustees upon co-option and election, sets out how the Board will work together and the commitment required. This Charter is reviewed on an annual basis. Peer buddying is available for Trustees who require this. Full Board meetings are held at a minimum of four times a year, along with two strategic planning days, in addition to other strategic meetings, subcommittees or task and finishing groups as required. This year we have had groups looking at ELOP's constitution, fundraising, and Business Management group.

ELOP's Board holds overall responsibility for the organisation's strategic direction and policy development. Responsibility for strategic implementation and the operational running of the organisation is delegated to the Chief Executive Officer, who reports directly to the Board via Board meetings. The Board's work programme for the year is overseen by the Chair and reviewed at Board meetings and the work is carried out by individual Board members. The Board holds responsibility for reviewing key areas of financial activity and policy and holds overall responsibility for the organisation's financial position and procedures.

EAST LONDON OUT PROJECT

YEAR ENDED 31 MARCH 2021

TRUSTEES' REPORT

Public Benefit

The Trustees, in exercising their powers and duties, have complied with their duty in section 4 of the Charities Act 2006 to have due regards to the public benefit guidance published by the Charity Commission. In preparing the report and accounts the Trustees have complied with the requirements set out in relation to the requirement to report on public benefit and has reported on the significant activities and achievements of the charity in 2020/21. They have reported in a way that both sets out the aims and strategies of the charity and demonstrates how the aims and activities of the charity were carried out for the public benefit.

Risk Management

The Trustees have assessed the major risks to which the charity is exposed, in particular those related to the operations and finances of the charity, and are satisfied that the systems are in place to mitigate the charity's exposure to the major risks.

Risk assessment remains a standing item on each Board meeting agenda, to ensure that risks are identified and discussed at Board level. Risks are identified through a number of routes including output from Management Board, via staff Senior Management Team meetings and the annual planning cycle. Risks are recorded in the minutes of each meeting along with steps required to mitigate the risk.

The Board and staff continue to work hard to respond to the financial risks the organisation faces in the current climate of Covid-19 restrictions and other economic challenges and the impact this is having on the charity sector. At the beginning of the year we had concerns about the impact of Covid-19 and what this would mean for our ability to raise money during the year. However, with support from others and our success at attracting funding from the London Funders – London Community response Fund the difficulties first facing us lessened quite considerably. The Board are pleased that they again have been able to increase the organisation's reserves and very pleased that we have now achieved meeting the organisation's reserve policy of 3-6 months of core funding at any one time. We recognise that as income and expenditure increases there continues to be a need to increase the reserves held by the organisation and that there will be an ongoing impact from Covid-19. We have also started a property reserve in light of our need to move to different premises, as well as undertake work in our current premise should we resume delivering services from there.

Related parties

ELOP continues to work collaboratively with a number of other agencies and service providers to advance an awareness of the needs and issues of our service user groups and share best practice. This includes running occasional joint activities and working as part of wider alliances, such as the National LGBT Partnership, and this year we have continued our partnership with London Friend and LGBT Hero. We are committed to continuing the work with London Friend and LGBT Hero as it has been very successful, and will be seeking

EAST LONDON OUT PROJECT

YEAR ENDED 31 MARCH 2021

TRUSTEES' REPORT

additional funding for this. We have also been involved in a local equalities partnership in Tower Hamlets which has submitted funding for equalities work for three and a half years.

Objectives and activities

The principal objectives for which the company is formed are, by charitable means, to preserve the mental health of lesbian women and women who have sex with women and gay men and men who have sex with men, by the provision of counselling, support, information and advice services.

Review of activities and impact

ELOP provides support and direct services to up to 200 people a week, and despite having to move online we have continued to provide the range of services which were previously provided face to face. We were able to redevelop all services to online delivery by the second quarter of the year, and were able to use our learning from our pilot online counselling service to understand the best ways of doing this. Staff also attended training that supported the delivery of groups online. The importance of this delivery during the year when for large periods LGBT community space was not available took on extra significance and offered opportunities for people to connect with each other. Offering services online also enabled opportunity for some to join ELOP activities where in-person activities had previously been inaccessible. Despite the challenges of the year we were able to grow our services, to develop a new befriending project and continue to provide a range of consultation, training, representation and awareness-raising initiatives to advocate and provide an LGBT+ voice.

Last year we said we would continue to explore our future premises need, alongside needing to factor in how we can deliver face to face services whilst maintaining social distancing. We had planned to launch our 25th year birthday celebrations and would focus our fundraising on individual giving and applying to new trusts and foundations. We have been successful in meeting some of these objectives despite the impact of the pandemic. We undertook work in relation to our premises needs and conducted a Covid-19 assessment. This has led us to define our new needs and establish a property reserve fund to support a future move. We said we would continue to focus on our online reach, and have developed a larger following and more regular use of social media. We spent the year working on our governance structure and re writing our constitution, including ensuring we are trans inclusive. We were not able to run a range of face to face fundraising and other celebrations for our 25th birthday, and our celebrations were placed on hold in light of the pandemic.

We have continued our work on applying to new trusts and foundations and were successful in both short term fundraising during Covid that enabled us to meet our expected shortfall in earned income and fundraising as well as achieve additional funding for 2021/22 onwards. We have continued to diversify our funding streams and have been successful in growing our reserves, building some resilience for the organisation and the tough climate that charities will face post Covid.

EAST LONDON OUT PROJECT

YEAR ENDED 31 MARCH 2021

TRUSTEES' REPORT

Counselling services

ELOP counselling service has had a successful year. We started the year with the first wave of the COVID-19 pandemic, having closed our physical doors in March for the safety of all and set about the task of reviewing our ending online counselling pilot for upscaling to the whole service. We surveyed and assessed our counsellor team to ensure they had the technology, privacy, competency and support to work from home. We produced Guidelines for Online Video Counselling During COVID-19 Health Crisis which encompassed: equipment, setting up and using Zoom; environment & space; beginning sessions, contracting & re-contracting; running sessions; prepare for and manage drop-out; closing the online sessions; administration and note recording after sessions; safety, risk & managing concerns; communication channels; cancellations; GDPR continuation etc.

Additionally, we directed our volunteer trainee counsellors to online counselling training sessions, designed and delivered online counselling briefing and induction sessions, moved supervision to a safe, secure & encrypted online platform, ensured all existing risk management and safeguarding protocols remained robust, applicable and/or were appropriately adapted, increased access to our mental health crisis prevention and support staff, provided continued access to line-management, supervision and clinical duty management support throughout all the times when our counsellors are practising, and ensured each knows what to do/who to contact at any time, and were ready to support clients via Zoom.

Alongside this, we surveyed all our existing clients and those who were in process of referral and assessment to confirm whether they wanted to be offered a remote service and of course that they had the technology and privacy to have sessions at home/online.

April subsequently was a slow start for new referrals, with only five new people making contact, but it has steadily grown since then and by the end of March 2021, we had received 441 referrals; an increase of 38% since 2018-2019 and an increase of 8% on 2019-2020, despite closing briefly to new referrals at the start of COVID whilst we transitioned our services. During the course of the year we grew our team to 44 counsellors and had 132 spaces a week, and recruited 28 new counsellors to the team in four separate inductions. We have increased the representation of trans, non binary, disabled and bisexual counsellors within our counselling team. We continue to recognise that we need more Black people and people of colour within the team. We have provided our counsellors with additional training during the year focused on working with clients at risk of suicide; spirituality and faith in the counselling room; working with the impact of chem-sex and addiction; working with bisexual identities in therapy and assessment training.

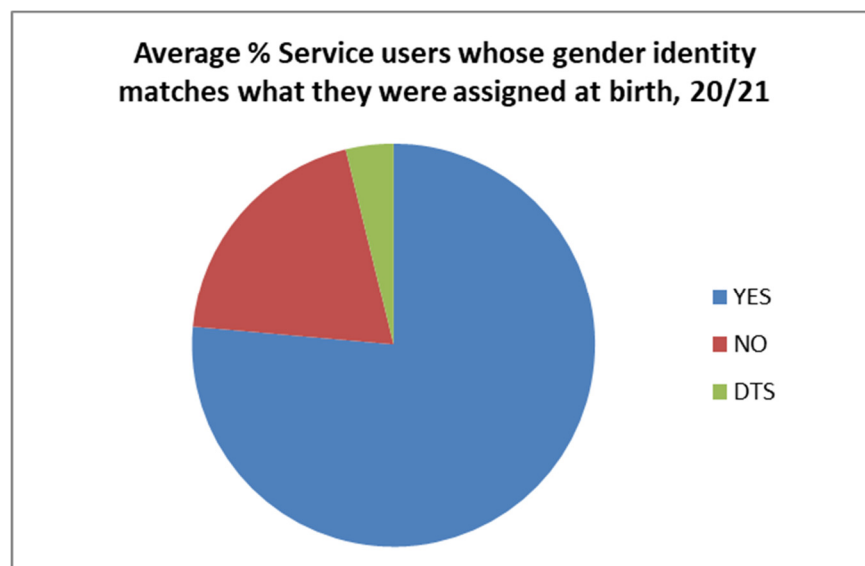
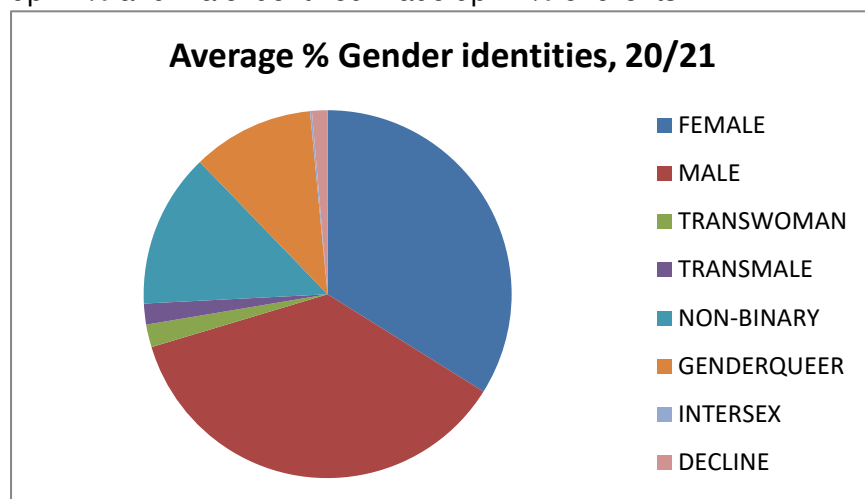
EAST LONDON OUT PROJECT

YEAR ENDED 31 MARCH 2021

TRUSTEES' REPORT

Demographics

Looking at the demographics of service users, 35% identified as non-cis gendered with 21% stating their gender was different to that assigned at birth. Female identified people made up 42% and male identified made up 44% of clients.

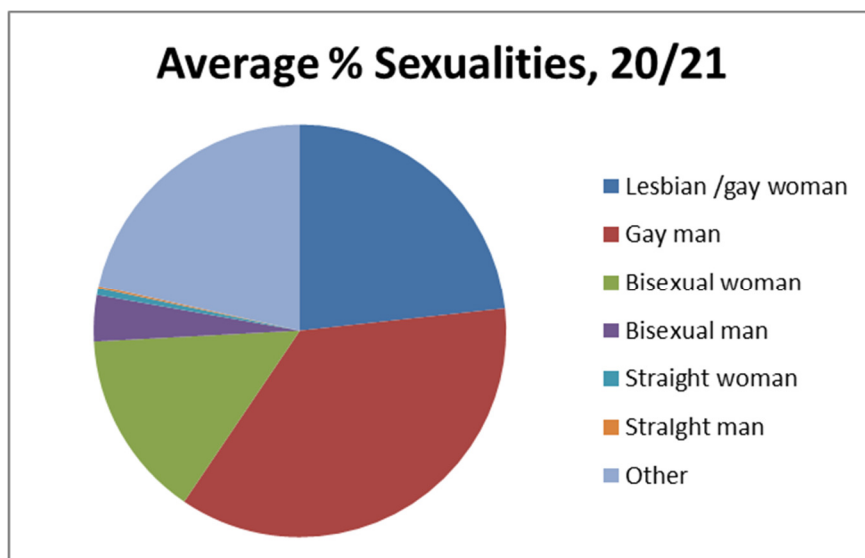


Sexual orientation demographics showed 26% identified as lesbian/gay woman, 39% as gay man, 17% as bisexual woman, 4% as bisexual man, 0.5% as straight woman, 0.2% as straight man and 25% as other

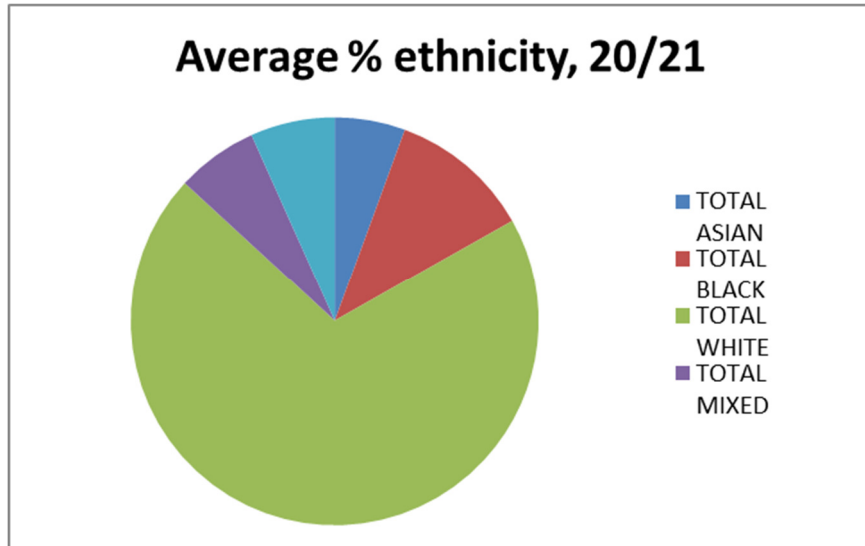
EAST LONDON OUT PROJECT

YEAR ENDED 31 MARCH 2021

TRUSTEES' REPORT



Looking at ethnicity 30% of our clients are non-white. Asian clients made up 6%, black clients were 11%, mixed heritage made up 6%, white British were 46% and total white was 70%, with 7% categorised as other.



Common reasons for requesting support were mental health related, such as anxiety, stress, OCD, depression and addictions including drugs, alcohol, and eating disorders. Additionally, support for intimate and familial relationships, self-esteem, trauma, identity and, unsurprisingly, internalised shame, internal homo/bi/transphobia, COVID and the impact of lockdown.

EAST LONDON OUT PROJECT

YEAR ENDED 31 MARCH 2021

TRUSTEES' REPORT

Client identified changes post counselling support included understanding 'self' better, letting go of unhelpful coping mechanisms, being kinder to 'self', strength and resilience, greater awareness, more tools, feeling less critical, more confidence, processing trauma, feeling more positive, greater sense of control, feeling grounded and able to trust self and others.

What clients found most helpful was feeling seen and heard for the first time, being able to talk about sexuality with someone who understood, having a safe space, making connections and identifying patterns, assurance that it was OK to go slowly, being in an LGBT+ service, non-judgemental space, understanding feelings of shame, unworthiness and guilt, feeling validated and valued.

What those who have used our counselling services have had to say:

"ELOP services were vital to me at a very difficult time and I am so grateful that this service exists. Thank-you!"

"I must say that the online sessions worked much better for me. I doubt I would have had the energy or motivation to leave the house for face-to-face sessions had they been available. Childcare would also have been a huge problem. I had no problem being open and honest in front of a laptop, and if I ever returned to counselling I would be very happy to have online sessions as my first preference."

"It was all excellent and very much appreciated. It's really changed things for me a lot so thank you!"

"I just would like to thank for this wonderful service, I was helped when I most needed. I've never gone through any type of counselling and I didn't know how effect it would be. I've taken a few months off but I've just applied for more counselling because I found I would like to discuss a few more things now that I am more aware of myself."

"I felt particularly comfortable accessing ELOP because of its speciality in supporting LGBTIQA+ people, and found the speed with which I was able to contact and access the service surprisingly excellent, especially given the circumstances of the pandemic."

"Overall ELOP has been a fantastic service. I was originally very hesitant about asking for therapy and was unsure about whether it was the right thing to do. I felt embarrassed as I did not consider myself to be 'unwell' enough to need it. However, from my very first phone call to the service I was made to feel welcome and secure in my decision to pursue the therapy. My work really has been life-changing – not only were we able to focus on the problems I presented with, but also explored other aspects of my life with which I was struggling. It has made everyday life for me so much easier and overall I feel happier and more confident which is something I was not expecting to get out of the service. It made me realise that therapy can be helpful for anyone who feels there is something 'not quite right' in their lives – and ELOP made this realisation very simple through their kind and thoughtful staff and compassionate work. I can't think of any way ELOP could be improved other than to continue letting people know their service is available in as many places as possible and encouraging people who think they might want help to get in touch."

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YEAR ENDED 31 MARCH 2021

TRUSTEES' REPORT

What those who have used our counselling services have had to say (cont):

"As an organisation you are offering such an important and invaluable service to so many and I just wanted to thank you. I've participated in counselling a few times throughout my life, but this was the first time I felt able to truly be myself without worrying about having to explain or give context about my queer identity, which allowed me to feel more comfortable generally with disclosing and discussing more personal thoughts and concerns."

"It would be great to keep online counselling as an option after the pandemic as it makes it much easier for disabled service users, as well as many others, to access counselling. Thank you."

Heads Out Service

During this year we have increased our Heads Out Service to continue our crisis prevention mental health plans, and in recognition of the impact of Covid also devELOped resilience plans. We also established mental health awareness workshops, providing psycho-educational workshops where people could learn skills to manage different aspects of their mental health. These workshops also responded to the changing pandemic situation with workshops on helping managing loneliness, change, coming out of lockdown. Heads Out also established a weekly group – Recharge – focusing on providing group support for those with mental health concerns. This group has provided the opportunity for people to share their mental health experience and gain a network of support from others who have experienced mental distress.

Befriending

We were successful in receiving funding to establish a peer befriending service towards the end of this year, enabling us to start establishing a pilot service, recruiting volunteer befrienders to undertake one to one befriending and then support small peer groups forming, enabling isolated people to gain a small network. This project at the end of March 2021 was in its infancy, but we will continue this during 2021/22.

Youth support services

This year we have continued our youth and family work, including a weekly 12-15's group and a weekly 15-18's group. This year has been particularly challenging with having to deliver work online to young people, and young people have been particularly affected by interruption to their everyday activities. During this year we have undertaken more individual mentoring work with young people. This support was focused on specific needs and often practical in approach, such as activities to support coming out, housing focused, social transitioning support. During the course of the year we received 38 referrals and 26 young people engaged with the service. The majority of those who did not attend was due to them not wanting to receive support online. We continue to support a proportionally high number of young people with a range of disabilities and mental health concerns have and looked after young people, with common issues being generalised anxiety, social anxiety,

EAST LONDON OUT PROJECT

YEAR ENDED 31 MARCH 2021

TRUSTEES' REPORT

depression, suicidal thoughts, self-harm, low self-esteem and gender dysphoria. We work with young people who are involved in social care, either on child protection plans or children in need, also those who are using CAMHS and early help services. We also work with some young people who are care experienced. Referrals have from: Taith Service, Parents/Foster cares, young people, Family therapist, Social Workers, School Counsellor, Family Support, CAMHS Neurodevelopmental Team, Families First Coach, Teachers, designated safeguarding leads in schools and College Counsellor. A high proportion of group members identify as non binary, gender fluid or trans.

The youth sessions provided a welcoming, inclusive, safe space to meet new people, make friends, hang-out and share experiences. Each session includes opportunity for both individual and group activities, and the content is needs-led and informed by feedback from young people and observation from youth workers. Some of the activities within the group are focused on supporting developing resilience in young people, and during these activities we are able to see the changes that have taken place.

Various sessions and activities are focused on supporting LGBT children and young people increasing their confidence. In the youth groups young people are encouraged to get creative, writing poetry, drawing, and playing games. By asking a young person to get creative, they have something they can be proud of at the end of the session and can push themselves by sharing their work with the group. For example, one young person started our youth group very shy and would really struggle to participate. Now their confidence has built so much they will always share an element of their work and will always partake in games.

We ran a youth volunteering programme which we adapted to take place online, which included young people designing a t-shirt. This involved collaborating on the design, working with a volunteer designer to pull the designs together and preparing a crowd funder, to raise additional funding to get the t-shirt printed, as well as designing a fundraiser to promote the selling of the t-shirts. Other young people were involved in a poetry video where they wrote poems that were then given to an artist who drew images to go alongside them in a video. This video was then used in the online World AIDS Day concert held by ELOP to fundraise for Positive East and was viewed by 170 people. Young people spent time together exploring themes for their poetry and some wrote poetry collaboratively. Other elements of this volunteering programme involved young people creating an advice document for schools on how to be LGBTQ+ inclusive and creating some LGBTQI+ history month resources for schools. These young people have been passionate about history, and creating more visibility around queer figures in education.

EAST LONDON OUT PROJECT

YEAR ENDED 31 MARCH 2021

TRUSTEES' REPORT

I am ambidextrous

Dear cisgenderers,
You are all comfortable.
All perfect with bodies and names.
But not everyone is so at ease and able.
Some of us confused by silencing chains.

Dear lefties,
How did you know you were left-handed?
You tried right and failed.
Didn't like with what you were landed.
So you explored and thus prevailed.
This is pronoun searching, not being empty handed,
Your eyes no longer veiled.

Dear trans,
I am she but not a girl,
Slightly masculine, but not he.
She/they is my treasure, my pearl.
But 'they' doesn't make me multiple people, I am the one and only me.



Dear me,
I am ambidextrous,
A mix of girl and in-between,
But more importantly than any 'extras'
I love me.

By young person, aged 12.

A note from the author: I wrote this poem as a way of expressing my unique pronouns, my differences to others, but still how I am the same, and deserve to be recognized.



EAST LONDON OUT PROJECT

YEAR ENDED 31 MARCH 2021

TRUSTEES' REPORT

Club Mellow group support programme

This year has been challenging for our group support programme and the ability to sustain involvement has been in part dictated by differing restrictions in place at the time. By the beginning of June we had moved some of our groups online and run some additional lunch and learn sessions, and by the end of the August all our groups were running online. We have increased during this year the amount of group support offered and have provided a twice weekly LBT womxn's space, and a weekly men's space, two LGBT Asylum groups, a weekly over 50's group and a social support group which provides support for many people with long term mental health needs as well as those with learning difficulties and physical health needs. We were also able to provide a twice-monthly group for young adults (18-25) and this group provides a bridge between our youth group and adult services for those young adults who feel an environment for young adults best meets their needs. We have continued to run two LGBT asylum support groups. These activities have reached new people and introduced support in new ways to community members who would not have received this otherwise. We were successful this year in attracting funding to run these groups, either having successfully applied for specific funding or through funding which became available as a response to Covid. The group that has proved to be the most difficult to run online has been our Rainbow family activities, but we have been able to provide online support for new parents during the year in a parents' coffee chat.

Overall, our group activities have supported more than 200 people over the course of the year, despite the difficulties of running these online. We have achieved this through having dedicated staff to run these sessions, and the challenge will be to continue this when some of our short-term funding ends.

Consultation and representational activities

ELOP continues to attend community and statutory forums to ensure an LGBT voice is represented and heard and, recognising the value in partnership working, has formed excellent working relationships with other organisations and networks. ELOP has also provided consultancy services and training to a wide range of personnel and organisations and continued its involvement in The National LGBT Partnership. As part of our work we were involved in a number of projects including leading on the National Lesbian and Bisexual Women's Health week. As part of this work we co-wrote Let's Break the Silence: A Guide to Lesbian, Bisexual and Trans Women's Health, and chaired their opening panel.

ELOP supported the LGBT consortium launch a chair's network for LGBT organisations to provide peer network support for leaders of charities. As part of our engagement work we provided representation to the Child Sexual Abuse Inquiry.

ELOP has run the Tower Hamlets LGBT Community Forum, providing a monthly forum and an LGBT Practitioners Network. This Network is designed to support LGBT+ workers within the borough and to enhance service provision in mainstream services for LGBT+ users. The focus of the forum during this year has been highlighting the impact of the pandemic on the

EAST LONDON OUT PROJECT

YEAR ENDED 31 MARCH 2021

TRUSTEES' REPORT

LGBT+ community. We have contributed to the equalities review in the borough and have contributed supported work on digital exclusion and the LGBT+ community. ELOP has been involved in a partnership bid in Tower Hamlets bringing together user-led equality organisations to foster intersectional work.

Other activities and events

ELOP has again this year provided a range of LGBT events in Tower Hamlets; all of these have been online. These events have been well received and have been a mixture of live events and pre-recorded activities. As we had not been able to do our annual pride picnic, attendance was lower than usual, but we had 400 people participate in the events run.

Examples of events held

ONLINE LGBT PRIDE IN TOWER HAMLETS
Pride celebration: Literary event
18th June 2020
7:00-8:30pm
Evening of poetry and prose
featuring works of some
unapologetically badass LBT
womxn of colour
Golnoosh Nour
Author of The Ministry of
Guidance & Other Stories
& poetry collection Sorrows
of the Sun
Shiri Shah
Writer, poet & host of the
quarterly literary night
Untitled. An event to
champion underrepresented
writers
Faryal Velmi
Screenwriter of the
hit Channel 4 show
ACKLEY BRIDGE
Lola Olufemi
Activist & writer: Feminism,
Interrupted: Disrupting
Power
DROP US AN EMAIL ON
LGBTFORUM@ELOP.ORG TO JOIN

ONLINE LGBT PRIDE IN TOWER HAMLETS
Pride celebration: Film event
Join us for films,
conversations, fun,
community and pride!
A programme of short
films celebrating LGBTQ+
older women in front of
and behind the camera
curated by WOFFF.
Followed by an online
conversation on 24th
June - 7pm with friends
and filmmakers.
EMAIL LGBTFORUM@ELOP.ORG TO JOIN Q&A

ONLINE LGBT PRIDE IN TOWER HAMLETS
Laugh and lounge:
Comedy night brought
to you on your couch
1st July 2020 - 7pm
Mark Cram
Krishna Isha
Annabelski
Alice Frick
EMAIL LGBTFORUM@ELOP.ORG
ON INSTRUCTIONS TO JOIN
Line up subject to change

ONLINE LGBT PRIDE IN TOWER HAMLETS
Pride Celebration: virtual party
10 July 2020
7:30pm-10:30pm
We have curated an eclectic
evening for you to dance
to, from your (living) room:
Serving you live singing, choir,
some old school RnB, pumping
pop & burning techno and a lot
of fun.
Line up:
7:30 @Barberfellas
7:40 Harriet Rose
@ianharrietrose
8:30 Paul Diello
@pauldiello
8:50 Salwa Int'l
@salwainternational
9:40 Tafkanik
@Tafkanik
EMAIL LGBTFORUM@ELOP.ORG TO JOIN

BISEXUAL
VISIBILITY DAY
ELOP PRESENTS:
ONLINE DISCUSSION + Q&A ON MENTAL
HEALTH
THURSDAY 24 SEPTEMBER 2020
7.00 - 8.30PM
An open conversation with:
Meg-John Barker: writer, speaker, author of a number of books
on sex, gender, and relationships.
Marcus Morgan: founder of The Bisexual Index,
bisexual activist + the UK's only bisexual drag wizard.
BiPride UK: creating celebratory spaces for the bi community +
supporting Pride organisations to become more bi-inclusive.
For info and sign up
events@elop.org

EAST LONDON OUT PROJECT

YEAR ENDED 31 MARCH 2021

TRUSTEES' REPORT

Feedback

I'm definitely inspired by this conversation to go out and try to find a tribe :) Thanks again!

Thank you so much to all the speakers for your knowledge and experiences!!!!

Training and Education

During this year we started to design our foundation course for LGBT+ affirmative counselling and were able to attract funding for us to develop this course, other CPD training for our counsellors and to work towards establishing a qualifying LGBT+ affirmative counselling course at Levels 4-6. Our foundation course will be launched during 2021/2022.

Fundraising

Much of ELOP's efforts for fundraising this year have focused on applications to trusts and foundations to support our diversifying of funding streams, and we have achieved good successes with this. In addition we were supported at the beginning of the year by ex service users and their friends who ran a crowdfunding appeal for ELOP. This was very successful and raised £5200. In addition during the year the fundraising committee established Exercise For ELOP and raised £4300, with seven people taking part in this challenge. During this year ELOP again successfully increased its earned income, as well as donations from individuals and companies. We will look to build on our learning from online fundraising and will continue this in the forthcoming year. We also hope that it will again become possible to hold in-person events.

Corporate & Other Partners

During the year it has been more difficult to work with corporate organisations but we have maintained our relationship with the Google LGBT network. In addition we were involved in an event on mental health with InterBank. We have maintained our contact with GWN and Barbarfellows and hope that in the coming year with in-person activities potentially taking place we can establish some joint events. We were supported by Tesco with phones and sim cards to support home working.

EAST LONDON OUT PROJECT

YEAR ENDED 31 MARCH 2021

TRUSTEES' REPORT

New funding

ELOP has continued to be successful in attracting new funding during the course of the year, and funding for the future. We had successfully applied for funding in the previous year, which enabled us this year to have an expanded women's programme, undertake a youth volunteering project, and to run two LGBT Asylum groups; this work was supported by London Community Foundation: #iWill Fund (Youth Social Action); London Community Foundation: Tampon Tax Community Fund and Groundwork UK: Thrive London

During this year there was opportunity to apply for short term funding to support work during Covid, and the City Bridge Trust generously provided an additional quarter's funding in recognition of the impact of Covid on the charity sector. Through Covid funding we were supported in a joint bid with London Friend and LGBT Hero, through The National Lottery Partnership Fund, and City Bridge Trust: London Community Response Fund and City Bridge Trust: TNLCF COVID-19 Response Fund, and for the final quarter of the year Coronavirus Mental Health Response Fund. We were successful in applying for future funding for next year including from London Community Foundation: MOPAC VAWG Grassroots Fund; two year funding to work with LBT women who have experienced domestic abuse or sexual violence, London Community Foundation: MOPAC Victims Fund Round 6 to work with victims of hate crime, London Community Foundation: Wave 5 enabling us to continue our social support groups, Tides Foundation: Google Community Grant Fund to continue our work on establishing LGBT+ affirmative counselling course and the LGBT+ Futures National Emergencies Trust Fund to buy equipment to support both online delivery and in person Covid appropriate equipment.

We want to thank all our funders who have supported our work during this year and going forwards.

Individual donors

We would like to thank all the individuals who have made one-off or regular donations to the charity over the course of the year. We have again been successful this year in raising additional money through individual donations. We were nominated again this year to be a receiver of donations from Google employees and matched by Google, which lead us to be able to bring in over £27,000 from individual donors.

Organisational change

During this year we have had significant staff changes as lives were impacted in different ways due to the pandemic. We had one person on furlough for a considerable period of time, but as it became clear we were not returning to the building we had to issue redundancy as we had no need for a reception worker. Over the course of the year six people left the organisation and nine people joined. One member of staff was promoted to head of Heads Out and Training. Staff have attended a range of training including on Suicide awareness, and suicide assessing for young people, youth work, and outcomes-based training. Due to Covid, it is clear that our service delivery model will have some

EAST LONDON OUT PROJECT

YEAR ENDED 31 MARCH 2021

TRUSTEES' REPORT

changes to it longer term as we continue to understand more about how to live with Covid, and next year we will start planning for this longer term transition to some form of hybrid working.

This year has been very challenging for everyone and for staff who have spent a year remote working. This has brought fresh challenges both personally and professionally. The pace of change and the demand for support has been unrelenting during this year, and the ability to provide much needed mental health support during this time would not have been possible without the dedication of our committee staff team. The Trustees would like to take this opportunity to thank these staff members for their enormous and continued commitment and ongoing support. We would like to recognise the leadership of the CEO, who has been able to support and steer the organisation throughout such uncharted circumstances.

Contribution by volunteers

Many of ELOP's activities are carried out and supported by the skills, dedication and commitment of our volunteer teams. ELOP had more than 85 volunteers involved during the course of the year and generally maintained a core team of around 65 volunteers at any one time. We have been successful this year in recruiting new counsellors, group facilitators, befrienders and fundraising volunteers.

This year we have missed our overseas student interns, as their placements ceased during the pandemic, but we are looking forward to welcoming them back virtually next year. We were able to have social work students working virtually with us. During this year we also had five social work students undertaking 70-day placements at ELOP, an increase of two from the previous year. Our volunteer counsellor team continues to be our largest volunteer team, and whilst it initially shrank to 36 at the beginning of the year due to the pandemic, we have successfully recruited to this team and increased the team to 42 by the end of year.

Our group facilitators have done a fantastic job of supporting us and we were initially able to provide some group support through our first online group teaching the basics in sign language by one volunteer. Our volunteers have had to learn new skills in supporting groups online, but have stuck with us, and we are grateful for the support they have provided throughout the year.

ELOP recognises that we need to continue to recruit and retain volunteers to help us deliver the wide range of services we have on the modest amount of funding we receive. ELOP's Board would like to sincerely thank all volunteers for their continued hard work, loyalty and achievements; without their support ELOP could not successfully provide the range of activities on offer nor support as many individuals as we do.

EAST LONDON OUT PROJECT

YEAR ENDED 31 MARCH 2021

TRUSTEES' REPORT

Financial review and reserves policy

We have this year had the opportunity to bring in more income than expenditure and have met our reserves target. We have agreed that we now should be working towards holding 3-6 months of reserves to demonstrate our sustainability and be able to cover the equivalent of three to 6 months of core funding at any one time. We recognise that this could be difficult to maintain in the current funding climate and the global pandemic so we will remain vigilant about our expenditure to ensure stability and sustainability for the future. The charity made a surplus of £137,668 (2020 - £117,422) and has unrestricted reserves totalling £332,954 of which £80,000 has been designated towards the relocation and expansion of the Charity's premises (2020 - £195,286).

The future

During 2021/22 we will continue to enhance the Board's capacity to support the organisation by recruiting to the final space on the Board, with a focus on recruiting someone with fundraising experience in individual donors and events fundraising. We will look to find suitable premises and explore the possibility of opening a hub in South Essex. We will be looking to deliver some face to face delivery whilst also providing online support and work to finding the right balance. Whilst some of the future remains uncertain due to the unprecedented events that have taken place with the global pandemic, we will work to ensure that we can maintain our current service provision and enhance it to provide mental health support that is needed now more than ever. Any new work will remain rooted within mental health and wellbeing support. We will also work to re-brand the organisation alongside the launch of our new constitution and name change.

EAST LONDON OUT PROJECT

YEAR ENDED 31 MARCH 2021

TRUSTEES' REPORT

Statement of Trustee's Responsibility in relation to Financial Statements

The charity's Trustees (Directors) are responsible for preparing the Trustees' Annual Report and Financial Statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

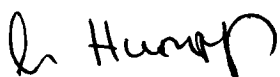
Company law requires the Trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources, including the income and expenditure of the charitable company for that period. In preparing these financial statements, the Trustees are required to:

- Select suitable accounting policies and then apply them consistently;
- Observe the methods and principles in the Charities SORP;
- Make judgements and estimates that are reasonable and prudent;
- State whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements; and
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.

The Trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy, at any time, the financial position of the charity and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities as well as exercising proper financial controls.

There is no relevant audit information of which the charity's auditor is unaware; and the Trustees have taken all the steps that they ought to have taken to make their selves aware of any relevant audit information and to establish that the auditor is aware of that information.

By order of the trustees



Sarah Humphreys (Chair)

Date 21/12/2021

INDEPENDENT AUDITORS REPORT TO THE MEMBERS OF EAST LONDON OUT PROJECT YEAR ENDED 31ST MARCH 2021

Opinion

We have audited the financial statements of East London Out Project (the 'charitable company') for the year ended 31 March 2021 which comprise the Statement of Financial Activities, Balance Sheet, and notes to the financial statements, including a summary of significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including Financial Reporting Standard 102 *The Financial Reporting Standard applicable in the UK and Republic of Ireland* (United Kingdom Generally Accepted Accounting Practice).

In our opinion the financial statements:

- give a true and fair view of the state of the charitable company's affairs as at 31 March 2021 and of its incoming resources and application of resources, including its income and expenditure, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Companies Act 2006.

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditor's responsibilities for the audit of the financial statements section of our report. We are independent of the charitable company in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

We have nothing to report in respect of the following matters in relation to which the ISAs (UK) require us to report to you where:

- the trustees' use of the going concern basis of accounting in the preparation of the financial statements is not appropriate; or
- the trustees have not disclosed in the financial statements any identified material uncertainties that may cast significant doubt about the charitable company's ability to continue to adopt the going concern basis of accounting for a period of at least twelve months from the date when the financial statements are authorised for issue.

Other information

The trustees are responsible for the other information. The other information comprises the information included in the trustees' annual report, other than the financial statements and our auditor's report thereon. Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon.

In connection with our audit of the financial statements, our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether there is a material misstatement in the financial statements or a material misstatement of the other information. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

INDEPENDENT AUDITORS REPORT TO THE MEMBERS OF EAST LONDON OUT PROJECT YEAR ENDED 31ST MARCH 2021

Matters on which we are required to report by exception

We have nothing to report in respect of the following matters in relation to which the Charities (Accounts and Reports) Regulations 2008 require us to report to you if, in our opinion:

- the information given in the financial statements is inconsistent in any material respect with the trustees' report; or
- the charitable company has not kept adequate accounting records; or
- the financial statements are not in agreement with the accounting records and returns; or
- we have not received all the information and explanations we require for our audit.

Responsibilities of trustees

As explained more fully in the trustees' responsibilities statement, the trustees (who are also the directors of the charitable company for the purposes of company law) are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the trustees are responsible for assessing the charitable company's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to liquidate the charitable company or to cease operations, or have no realistic alternative but to do so.

Auditor's responsibilities for the audit of the financial statements

We have been appointed as auditor under section 144 of the Charities Act 2011 and report in accordance with regulations made under section 154 of that Act.

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

A further description of our responsibilities for the audit of the financial statements is located on the Financial Reporting Council's website at: www.frc.org.uk/auditorsresponsibilities. This description forms part of our auditor's report.

Use of our report

This report is made solely to the charitable company's trustees, as a body, in accordance with Part 4 of the Charities (Accounts and Reports) Regulations 2008. Our audit work has been undertaken so that we might state to the charitable company's trustees those matters we are required to state to them in an auditor's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charitable company and the charitable company's trustees as a body, for our audit work, for this report, or for the opinions we have formed.

William Price & Co Audit Ltd

William Price & Co Audit Ltd

Statutory Auditors

Chartered Accountants

Eligible to act as an auditor in terms of section 1212 of the Companies Act 2006

Date: *23-12-21*

9 Westbury Court, Church Road
Bristol BS9 3EF

EAST LONDON OUT PROJECT

STATEMENT OF FINANCIAL ACTIVITIES

(including summary income and expenditure account)

YEAR ENDED 31ST MARCH 2021

	Notes	UNRESTRICTED FUNDS 2021	RESTRICTED FUNDS 2021	TOTAL FUNDS 2021	TOTAL FUNDS 2020
		£	£	£	£
INCOME					
Donations and Gifts	5	136,025	-	136,025	122,519
Charitable Activities	6	138,171	162,522	300,693	236,411
Other trading activities	5	14,941	-	14,941	11,824
TOTAL INCOMING RESOURCES	9	289,137	162,522	451,659	370,754
EXPENDITURE ON					
Charitable Activities	7	151,469	162,522	313,991	253,332
TOTAL EXPENDITURE	9	151,469	162,522	313,991	253,332
NET INCOMING RESOURCES FOR YEAR BEFORE TRANSFERS		137,668	-	137,668	117,422
TRANSFERS BETWEEN FUNDS	9	-	-	-	-
NET MOVEMENT IN FUNDS		137,668	-	137,668	117,422
FUNDS BROUGHT FORWARD AT 1ST APRIL		195,286	-	195,286	77,864
FUNDS CARRIED FORWARD AT 31ST MARCH		332,954	-	332,954	195,286

The Statement of Financial Activities includes all gains and losses in the year.
All incoming resources and resources expended derive from continuing activities.

EAST LONDON OUT PROJECT

BALANCE SHEET

AT 31ST MARCH 2021

	Notes	2021		2020	
		£	£	£	£
FIXED ASSETS	10		-		-
CURRENT ASSETS					
Debtors & prepayments	11	11,751		13,572	
Cash at bank and in hand		452,864		210,554	
		464,615		224,126	
CREDITORS, AMOUNTS FALLING DUE WITHIN ONE YEAR	12	131,661		28,840	
NET CURRENT ASSETS			332,954		195,286
TOTAL NET ASSETS		£	<u>332,954</u>	£	<u>195,286</u>
FUNDS					
Unrestricted Funds					
General Funds	9		252,954		195,286
Designated Funds	9		80,000		-
Restricted Funds	9		-		-
TOTAL FUNDS		£	<u>332,954</u>	£	<u>195,286</u>

The directors are satisfied that the company was entitled to exemption from audit under section 477 of the Companies Act 2006 and that members have not required an audit in accordance with section 476. However, an audit is required in accordance with the Charities Act 2011.

The directors acknowledge their responsibilities for:

- i) ensuring that the company keeps accounting records which comply with section 386; and
- ii) preparing accounts which give a true and fair view of the state of affairs of the charitable company as at the end of the financial year and of its profit or loss for the financial year in accordance with the requirements of section 396 and which otherwise comply with the requirements of this Act relating to accounts, so far as applicable to the charitable company.

Approved by the Trustee Directors and signed on their behalf on 21/12/2021 by:



S Humphreys

Company Number : 03355423

EAST LONDON OUT PROJECT

NOTES TO THE ACCOUNTS

YEAR ENDED 31ST MARCH 2021

1) ACCOUNTING POLICIES

The principal accounting policies adopted in the preparation of the financial statements are set out below, and have been consistently applied within the accounts.

- a) The financial statements have been prepared in accordance with the Financial Reporting Standard 102 (FRS 102), the Statement of Recommended Practice (SORP), "Accounting and Reporting by Charities" published in 2015 and applicable charity and company law. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note.

The charity adopted SORP (FRS 102) in the current year and there were no transition adjustments

- b) The charity is a company limited by guarantee. The members of the company are the trustees named on page 1. In the event of the charity being wound up, the liability in respect of the guarantee is limited to £1 per member of the charity.
- c) Incoming resources are recognised on an accruals basis, except that donations and legacies are recognised only upon receipt unless the donor advises otherwise. Grants are treated as income for the period to which the grantor assigns the grant and the stipulated period of service provision and deferred as necessary. Service contracts or grants where the grantor stipulates performance targets and does not specify that a surplus is retrievable, are regarded as unrestricted once the targets are achieved. The value of services provided by volunteers is not incorporated into these financial statements. Donated assets are valued at fair market value. During the year no assets were donated.
- d) Resources Expended/ Expenditure
Charitable activities relate to the costs incurred in providing the company's charitable services. These include expenses to provide training to counsellors and education for relevant groups as well as the majority of staff costs. They include all materials and literature provided to run the projects and support costs like telephone, postage and stationery. Costs are shown inclusive on non-recoverable VAT.
- e) Fixed assets are capitalised at cost and depreciation is provided to write off the cost of the assets over their expected useful economic lives. Office equipment (General Fund) is written off at a rate of 33.3% per annum on a reducing balance basis. Leasehold improvements (General Fund) are written off at a rate of 20% per annum on a straight line basis. The length of the original lease was 5 years and these costs have now been fully amortised. The cost of subsequent refurbishments has been written off as incurred. Office equipment (restricted funds) is written off over the length of the funding. The estimated residual value of the fixed assets is nil.
- f) Stocks of safe sex literature relating to the Charity's services & general information are written off as incurred.
- g) The value of services provided by volunteers is not included within these financial statements.
- h) The Charity operates a defined contributions pension scheme
- i) The accounts have been prepared on a going concern basis.
- j) Unrestricted funds are available for the use in the furtherance of the charity's objectives. Restricted funds are subject to restrictions imposed by the donors as set out in the notes to the accounts.
- k) Debtors
Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid after taking account of any trade discounts due.
- l) Creditors
Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

EAST LONDON OUT PROJECT

NOTES TO THE ACCOUNTS

YEAR ENDED 31ST MARCH 2021

2) FUNDS & FUNDING

General Fund

The General Fund includes all grant income from Local Authorities or other statutory bodies who support the main objectives and services provided by the East London Out Project in their areas. The individual grants require a certain level of service provision, which are individually reported back to each funder.

The General Fund also accounts for unrestricted charitable trusts & foundation funding, donations, fundraising and investment income.

The London Borough of Tower Hamlets provided funding for the provision & delivery of an LGBT community forum for engaging local LGBT communities, representation & consultation, the provision, and delivery of LGBT community events, plus the delivery of LGBT mental health crisis prevention plans, support groups and awareness training to local providers.

The London Community Foundation – #iWill (Youth Social Action Fund) gave a one-year grant to fund an LGBT youth volunteer programme with roles in supporting school workshops, administration & fundraising.

The London Community Foundation – Tampon Tax Community Fund gave a one-year grant to run an LBT Women's programme to reduce social isolation and improve wellbeing.

The Proud Trust – gave a one-off small youth grant to support printing costs of young people designed t-shirts.

City Bridge Trust (3mth Covid Extension) gave a 3-month extension to a 3-year grant contributing to the organisations core counselling service costs for overheads, supporting volunteer counsellors & administrator.

City Bridge Trust Continuation Funding – gave a 2-year grant contributing dedicated funding to the organisations core counselling service costs for overheads, supporting volunteer counsellors and costs of a full-time administrator.

DH (National LGB&T Partnership) - The National LGB&T Partnership is an England-wide consortia of 10 partner LGBT voluntary & community organisations who are committed to reducing health inequalities & challenging homophobia, biphobia & transphobia in public services. ELOP is one of the partners. The Partnership is currently funded by the Department of Health to support & enable the partnerships strategic engagement & consultation with Government & statutory bodies.

BBC Children in Need - This is part of a 3-year grant to deliver a dedicated LGBT children's and young people's project including weekly youth support groups, one-to-one support, and counselling.

City Bridge Trust: London Community Response Fund - This is a 3-month covid support grant given to support the organisation to remodel and respond to the mental health, social isolation & wellbeing needs of LGBT+ people.

Groundwork UK - Thrive London - This is a 10-month grant for to support an LGBT Asylum Seekers Support Service.

LGBT+ Futures National Emergencies Trust Fund - This is a 6-month covid recovery grant to support purchase of PPE supplies, equipment & covid support counselling.

Lloyds Bank Foundation for England & Wales - This is a 1-year grant to support the organisations LGBT mental health crisis prevention and intervention services.

Mind - Coronavirus Mental Health Response Fund - This is a 1-year grant to support a LGBT mental health befriending & peer support service.

The National Lottery Community Fund - This is a 6-month covid support partnership grant with 2 other LGBT London based charities, to deliver an LGBT covid response mental health support project.

The National Lottery Community Fund & City Bridge Trust - This is a 6-month covid support grant to enable design, development & delivery of a training programme to upskill counsellors & mental health crisis team to respond to emerging covid-19 impact & needs of LGBT+ communities.

Tudor Trust - This is part of a 3-year grant for Director of Wellbeing Services post.

EAST LONDON OUT PROJECT

NOTES TO THE ACCOUNTS

YEAR ENDED 31ST MARCH 2021

3) OPERATING SURPLUS/(DEFICIT)

	2021 £	2020 £
The net operating surplus/(deficit) of income over expenditure is stated after charging:		
Staff costs (note 4)	235,094	182,418
Depreciation of equipment & loss on disposal	-	666
Auditor's remuneration:		
- Other services	-	-
- As auditor	1,900	1,600

4) STAFF COSTS

	2021 £	2020 £
Staff costs for the year were as follows:		
Salaries	209,575	161,759
Social security costs	18,053	14,247
Pensions Costs	7,466	6,412
	235,094	182,418

The average number of persons employed by the charitable company in the year was 11 persons.
(2020 - 7). No member of staff was paid more than £60,000.

The key management personnel of the charity comprises the trustees and the Chief Executive, to whom responsibility for the day-to-day activities of the charity is delegated. The total employee benefits received by key management personnel during the year (excluding employer pension costs) were £57,072 (2020: £44,025).

EAST LONDON OUT PROJECT

NOTES TO THE ACCOUNTS

YEAR ENDED 31ST MARCH 2021

5) INCOMING RESOURCES FROM GENERATED FUNDS

	TOTAL 2021		TOTAL 2020	
	£	£	£	£
UNRESTRICTED FUNDS				
GENERAL FUND				
Donations and Gifts				
Donations from individuals	27,910		23,425	
COVID - JRS	7,403		-	
User Contributions	100,712		99,094	
		136,025		122,519
Other trading activities				
Fund-raising activities	9,796		1,810	
Activities & events	-		2,844	
Training & Placement fees	5,110		7,170	
Other	-		-	
		14,906		11,824
		150,931		134,343
Investment Income				
Interest receivable		35		-
TOTAL RESOURCES FROM GENERATED FUNDS		150,966		134,343

6) ANALYSIS OF GRANTS

	GRANTS Rec'd in year	Opening Debtors	Closing Debtors	Deferred Income movement	TOTAL 2021	TOTAL 2020
	£	£	£	£	£	£
UNRESTRICTED FUNDS						
GENERAL FUND						
The London Community Foundation (Tampon Tax Community Fund)	-	-	-	10,511	10,511	3,504
THCVS - Community Insights Fund	-	-	-	-	-	2,946
LB Tower Hamlets	-	-	-	-	-	13,809
LB Tower Hamlets - Community Engagement	31,250	(6,250)	-	-	25,000	25,000
LB Tower Hamlets - Community Event	18,000	(3,000)	-	-	15,000	15,000
LB Tower Hamlets - LCF	27,617	-	-	-	27,617	-
London Community Foundation: Wave 5	9,863	-	-	(9,863)	-	-
City Bridge Trust	12,400	-	-	-	12,400	-
City Bridge Trust(2 year continuation)	49,500	-	-	(12,375)	37,125	-
DH (National LGBT Partnership)	1,920	-	100	-	2,020	2,468
DH Waltham Forest VAWG Partnership	325	(325)	-	-	-	6,415
Paul Cottingham Trust	-	-	-	-	-	3,231
UPS Foundation	-	-	-	-	-	11,195
GEO (LGBT Mental Health)	-	-	-	-	-	42,931
The London Community Foundation	-	-	-	8,298	8,298	-
The London Community Foundation (MOPAC Victims Fund)	-	-	-	-	-	16,382
The Proud Trust	200	-	-	-	200	-
London Community Foundation: MOPAC -other	11,073	-	-	(11,073)	-	-
The London Community Foundation (#iWill)	-	-	-	-	-	2,294
TOTAL GENERAL FUND	162,148	(9,575)	100	(14,502)	138,171	145,175
RESTRICTED FUNDS						
BBC Children in Need	29,498	-	-	-	29,498	29,438
City Bridge Trust	-	-	-	-	-	49,600
City Bridge Trust: London Community Response Fund	17,628	-	-	-	17,628	-
City Bridge Trust: TNLCF COVID-19 Response Fund	36,590	-	-	-	36,590	-
The National Lottery Partnership Fund	29,918	-	-	-	29,918	-
Tides Foundation Google Community Fund	22,599	-	-	(22,599)	-	-
Lloyds Bank Foundation fir England & Wales	33,000	-	-	(5,500)	27,500	-
Tudor Trust	40,000	-	-	(32,001)	7,999	-
Tudor Trust - other	2,000	-	-	(2,000)	-	-
Mind - Coronavirus Mental Health Response Fund	19,722	-	-	(15,244)	4,478	-
Groundwork UK - Thrive London	6,057	-	1,514	-	7,571	-
LGBT+ Futures National Emergencies Trust Fund	7,428	-	-	(6,088)	1,340	-
People's Health Trust	-	-	-	-	-	12,198
TOTAL RESTRICTED FUNDS	244,440	-	1,514	(83,432)	162,522	91,236
TOTAL UNRESTRICTED & RESTRICTED	406,588	(9,575)	1,614	(97,934)	300,693	236,411

Deferred income is funding received in advance for service activities not planned for in the current year and where the funder has assigned the

EAST LONDON OUT PROJECT

NOTES TO THE ACCOUNTS

YEAR ENDED 31ST MARCH 2021

7) TOTAL RESOURCES EXPENDED

SERVICE AREA				TOTAL	
	Core Services £	Governance £	Support £	2021 £	2020 £
Core Service activities	292,943	11,474	9,574	313,991	235,637
TOTAL RESOURCES EXPENDED	292,943	11,474	9,574	313,991	235,637

Where not directly attributable, costs are allocated on a basis of estimated time associated with specific activities.

8) GOVERNANCE & SUPPORT COSTS

	2021 £	2021 £
	Governance	Support
Staff salaries	6,817	6,817
Apportioned office running costs and resources	2,757	2,757
Audit & accountancy	1,900	-
	11,474	9,574

9) MOVEMENT ON FUNDS IN YEAR

	Note	Opening Balance at 1/4/2020 £	Incoming Resources (notes 5 & 6) £	Outgoing Resources (note 7) £	Transfers between funds £	Closing Balance at 31/3/2021 £
UNRESTRICTED FUNDS	2					
General Fund		195,286	289,137	151,469	(80,000)	252,954
Designated Funds:						
Property Reserve	see below	-	-	-	80,000	80,000
		195,286	289,137	151,469	-	332,954
RESTRICTED FUNDS	2					
BBC Children in Need		-	29,498	29,498	-	-
City Bridge Trust: London Community Response Fund		-	17,628	17,628	-	-
City Bridge Trust: TNLCF COVID-19 Response Fund		-	36,590	36,590	-	-
The National Lottery Partnerships Fund		-	29,918	29,918	-	-
Tides Foundation Google Community Fund		-	-	-	-	-
Lloyds Bank Foundation for England & Wales		-	27,500	27,500	-	-
Tudor Trust		-	7,999	7,999	-	-
Mind - Coronavirus Mental Health Response Fund		-	4,478	4,478	-	-
Groundwork UK - Thrive London		-	7,571	7,571	-	-
LGBT+ Futures National Emergencies Trust Fund		-	1,340	1,340	-	-
TOTAL RESTRICTED FUNDS		-	162,522	162,522	-	-
TOTAL UNRESTRICTED & RESTRICTED		195,286	451,659	313,991	-	332,954

The Trustees have designated £80,000 towards the relocation and expansion of the charity's premises.

EAST LONDON OUT PROJECT

FIXED ASSETS

YEAR ENDED 31ST MARCH 2021

10) FIXED ASSETS

	Leasehold	Office Equipment	
	General Fund	General Fund	TOTAL
<i>Cost</i>	£	£	£
Brought forward	7,116	30,037	37,153
Additions	-	-	-
Disposals	-	-	-
AT 31ST MARCH 2021	<u>7,116</u>	<u>30,037</u>	<u>37,153</u>
 <i>Depreciation</i>			
Brought forward	7,116	30,037	37,153
Charge for year	-	-	-
On disposals	-	-	-
Transfers between funds	-	-	-
AT 31ST MARCH 2021	<u>7,116</u>	<u>30,037</u>	<u>37,153</u>
 <i>Net Book Value</i>			
AT 31ST MARCH 2021	<u>-</u>	<u>-</u>	<u>-</u>
AT 31ST MARCH 2020	<u>-</u>	<u>-</u>	<u>-</u>

11) DEBTORS, amounts falling due within one year

	2021	2020
	£	£
Grants receivable	1,614	9,575
Other debtors & prepayments	10,137	3,997
	<u>11,751</u>	<u>13,572</u>

12) CREDITORS, amounts falling due within one year

	2021	2020
	£	£
Other taxation & social security	6,060	3,123
Deferred income	116,742	18,809
Other creditors & accruals	8,859	6,908
	<u>131,661</u>	<u>28,840</u>

EAST LONDON OUT PROJECT

NOTES TO THE ACCOUNTS

YEAR ENDED 31ST MARCH 2021

13) ANALYSIS OF NET ASSETS BETWEEN FUNDS

	Restricted £	Unrestricted £	Total £
Tangible Fixed Assets	-	-	-
Current Assets	1,514	463,101	464,615
Current Liabilities	(1,514)	(130,147)	(131,661)
	-	332,954	332,954

14) TRUSTEES' REMUNERATION & EXPENSES

In the year there were nil payments to Trustees, . (2020 - nil.)

15) TAXATION

The charity is exempt from tax on its charitable activities.

16) STATUS, CONNECTED CHARITIES & RELATED PARTY TRANSACTIONS

The company is incorporated by charitable means and is limited by guarantee without share capital. The company is not part of any group.

No payments were made to any related party.

17) COMMITMENTS

The lease on the ELOP centre premises has expired. The charity is currently renting the same property on an annual basis.

18) GOING CONCERN

The funding environment remains challenging. The directors, however, believe that costs can be maintained in line with available income and as a result they have adopted the going concern basis of accounting.